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Charles Lanman

Sir John Floyer Knt. M. D. 1649-1734

a native of Hinters, Staffordshire, educated at Oxford, was noted for his zeal (a most laudable one) in promoting the general use of the cold bath. He published several professional works: —

"Touchstone of Medicine" Lon. 1687. 2 vols 8vo:

Works on Baths on Asthma, A comment on 42 Histories described by Hippocrates 1726. 8vo &

Two Essays 1717. 8vo & the following curious vol:

The Sybylline Oracles, transl. from the best Greek Copies & compared with the Sacred Prophecies, especially with Daniel & the Revelations, & with as much history as plainly shews that many of the Sybil's predictions are exactly fulfilled. With answers to the Objections made against them. 1713. sm. 8vo.

Dr. Allibone's Dictionary of Authors, Phila. 1870

* * * * *

The name of Floyer will strike many of our readers pleasantly for it will remind them of our gruff friend Dr Johnson. It was by Floyer's advice that the "Indian Hercules" was sent to London to be

touched by Queen Anne for the King's Evil
and Johnson a very short time before his
death strongly pressed the Editor of the Anecdotes
to give to the public some account of the works
of Sir John Floyer whose learning & piety, the
Doctor said deserved recording.

Sir John suffered greatly from the Asthma
& when Johnson was laboring under the same
ailment he refers to the experience of the physician
"Now does it lay close siege to my life; for
Sir John Floyer whom the physicians men think
consider the author of one of the best books upon
it, panted on to ninety, as was supposed.
Sir John is supposed to have been older
than he claimed to be (Letter to Langton
March 27, 1784.

"I am now looking into Floyer who lived
with his notions to about his nineteenth year.
Letter to Dr Brocklesby July 29. 1784
But in less than five months "the mourners went about the
streets" for one who was so short a time before charging into
such tenacity of life remains of life!

ΨΥΧΡΟΛΟΥΣΙΑ:

OR, THE

90787

HISTORY

OF

Cold-Bathing,

Both ANCIENT and MODERN.

In TWO PARTS.

The FIRST Written by
Sir *JOHN FLOYER*, of *Litchfield*, Kt.

The SECOND, Treating of the Genuine Use of
HOT and COLD BATHS.

Together with
The Wonderful Effects of the *Bath-Water*, drank hot from the *Pump*, in *Decay'd Stomachs*, and in most Diseases of the *Bowels*, *Liver*, and *Spleen*, &c.

Also proving,
That the best Cures done by the *Cold Baths*, are lately observed to arise from the Temperate Use of the *Hot Baths* first.

To which is Added,
An APPENDIX.

By Dr. *EDWARD BAYNARD*,
Fellow of the College of Physicians, *London*.

The Fifth Edition.

LONDON,
Printed for WILLIAM and JOHN INNYS, at the West-End of St. *Paul's* Church-yard. 1722.

781/B

WELLCOME
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MEDICAL
LIBRARY

To the Right Worſhipful the Royal College *of* PHYSICIANS, London.

Learned and Honoured Sirs,

THE Deſign of this *Eſſay* being to recommend the *Ancient Pſeuchroluſia* to the preſent Age, I moſt humbly beg the Protection and Favour of your Learned Society, whoſe great Endeavours are to revive all old Practices uſeful to Mankind, as well as to invent new ones.

Many Ancient Practices in Phyſick have been lately revived in *England*, ſuch as Copioſe Phlebotomy; the want of which made Pleuriſies very fatal in *England*, as *Polydore Virgil* obſerved them formerly to be. This was an Ancient Practice in

Galen's Time, who bled (for Pains and Inflammations, and Rheumatisms, which he call'd *Inflammatory Lassitudes* in his Treatises of preserving Health, till the Change of the Colour of the Blood, or *ad Animi deliquium*) many Pounds at one time.

Cælius Aurelianus mentions the drinking of the Nitrous Purging Water, and the Sulphurous Bath, and Chalybeate in *Italy*; and these but of late Years have come into frequent use in *England*.

Cupping was always used by the Ancients instead of Phlebotomy upon all Occasions, and but little use has been made of them till very lately, till the Instruments were much improved by the Philosophy of the Air-Pump: But I fear the Ancient Rules about it are disused, and therefore some ill Accidents will in time condemn the present use of Cupping without general

Eva-

Evacuation preceding. But there are yet many useful Practices not yet revived, such as the old *Gymnastick* Art and Frictions, by a Strigil or dry Spunge, by which the Circulation of Humours, the Nutrition of the Body, and the Opening of the Pores, were much promoted: And the exact Method of Dieting in all Diseases is not restored yet.

In Bathing, the *Greeks* and *Romans* used many excellent *Smegmata* to cleanse the Skin, and cure Leprous Scabs; they used also Oyls and Oyntments after Bathing, to defend the Skin against the Sense of Cold Air, as well as to soften it.

None of the noble Structures for their *Hot Baths* were made by the *Romans* without a *Cold Bath* or *Piscina*, and the use of *Cold Bathing* after Sweating in the *Hot Bath*, is not yet commonly practised in *England*.

I do esteem *Cold Bathing* a very ancient as well as useful Practice, which ought therefore to be revived; and tho' that has always been practis'd in *England*, yet for 100 Years past, it has been much disus'd; for which I will give you the most probable Reasons, after I have observ'd the Antiquity of *Cold-Baths* here; And I will add these two farther Remarks, that they will prove useful for the Prolongation of Life, and be useful to other *Animals* as well as to Mandkind; and at last shew the several Methods whereby *Cold Bathing* has been improv'd.

No part of *Physick* is more ancient than *Cold Bathing*, since we find many Descriptions of its good Effects in our oldest Authors, *Hippocrates*, *Celsus*, *Calius Aurelianus* and *Galen*: And to assert the Usefulness and Safety of the *Cold Baths*, I could instance in *Augustus* and *Horace*, who used them by the Advice

of

of *Musa*. *Pliny* and *Seneca* testify of the Use of them; and *Lampridius*, that the Emperor *Severus* practised *Cold Bathing* for the *Gout*, who died here, *Anno Ch.* 213. And that *Cold Baths* were anciently used in *England*, may be proved, because all the Northern Nations used that Method for fortifying themselves against their Cold Air. And since the *Romans* used it from *Augustus*'s time till *Severus*, the *Britains* could not be ignorant of the Customs of their Governours during that time. Besides, none of our Histories can give us any late Original of our Bathing in St. *Winifred*'s and St. *Mongah*'s Wells. And since the *Baptismal Immersion* continued till the Beginning of the last Century, that Religious Ceremony would teach the People that *Cold Baths* were safe and useful; and because they ceased together, we may affirm that they did mutually preserve one another.

No Subject can give a clearer Evidence, how easily new Opinions can change the best and ancient Practices, both in *Religion* and *Physick*, than this, for the Logical Notion about the *Form* and the *Essence* of *Baptism*, inclin'd the Age under King *James* I. to an indifferency as to *Dipping* or *Sprinkling*, which he ordered to be so expressed in the *Catechism*; but this gave too much Encouragement to the *Puritans Sprinkling*; and about the *Restoration*, the Words *Dipping* or *Sprinkling* were left out of the *Catechism*.

The *Directory* condemns the *Baptizing* in the Place of *Fonts* as Superstitious, and ordered *Baptism* in the middle of the *Congregation*, and sets too little Value on the outward *Baptism*, but declares *Pouring* or *Sprinkling* of *Water* sufficient for a *Sign* or *Seal* of the *Covenant*. To these two Reasons I impute the disuse of *Immersion*, which if it had

conti-

continued, it would have prevented many new vain Niceties and Disputes concerning *Baptism*. And that this was the Ancient Constitution of the Church of *England*, appears by the first Book of *Edward* VI. where the *Rubrick* expressly commands the manner of *Dipping*; and in one of the Prayers of *Baptism* says, *Grant to all them, who at this Fountain forsake the Devil, &c.*

St. *Augustine* in his Book, *De Civitate Dei*, *Lib.* 22. assures us, That great Miracles were done by the Sacrament of *Baptism* in his Days; and mentions the Cure of the *Gout*, the *Palsy*, and *Tumours* thereby. This I mention to encourage the reviving of that laudable old Ceremony of *Trine Immersion*.

But by way of Caution I must premise, that I will not concern my self in any *Theological* Disputes, whether *Immersion* be Essential to *Baptism*? Or whether it be in the

Power

Power of the Church to alter it? Neither will I determine againſt the Validity of *Baptiſm* by Aſperſion; theſe Diſputes being beſides my purpoſe: For all that I ſhall aim at, is to ſhew, that *Immerſion* was generally practiſed by the Ancients, and that in this Church it continued in uſe till the beginning of the Laſt Age, and that there is not that Danger in it as Parents apprehend; but inſtead of prejudicing the Health of their Children, *Immerſion* would prevent many Hereditary Diſeaſes, if it were ſtill practiſed.

The Reaſons for the diſuſe of *Cold Bathing* in the laſt Century, were theſe.

The Ignorance of the People in Matters of *Phyſick*, who uſually take that as well as their *Doctors* from the common Vogue, which is always altering and changing; and it was then the Intereſt of the *Chymical Doctors* to recommend themſelves

ſelves by new *Notions*, new *Methods*, and new *Medicines*, and they therefore rejected and cried down all the old Opinions and Practices. They imputed all Diſeaſes to *Crudity* and *Acid Salts*, and taught that they muſt be cured by volatile and fixed Salts, by *Chymical Eſſences* and *Strong Tinctures* of *Mineral Sulphurs*, and *Brandy-Spirits*, which they did aſſure the World did ſtrengthen *Nature*, and purify the *Blood* by *Perſpiration*, and they wholly deſpis'd all the *External Regimen* preſcribed in *Galenick* Authors as unneceſſary; and *Cold Baths* ought to be eſteem'd the moſt conſiderable part of the *Cold Regimen*.

It is alſo very probable, that the Change of Religious Opinions had no ſmall Influence in the uſe of *Cold Baths*; for anciently the Virtues of the *Holy Wells* were imputed to ſome *Saint*, which the laſt Age did not credit, and therefore rejected

the

the uſe of *Cold Baths*, with the Opinion of the Virtue of the *Saint*, after which came the diſuſe of the *Baptiſmal Immerſion* alſo.

Parents pretended the Danger of that Practice, as well as the Immodeſty; and they could not juſtify theſe *Prejudices*, without crying down *Cold Baths* as dangerous. And ſince they now farther object, that it never was the Cuſtom to *Immerſe* Children in *England*, I will give this remarkable Inſtance of the *Baptiſm* of King *Edgar*'s Son *Etheldred*, in *Polydore Virgil*'s own Words: *Is dum baptizabatur, cum ſubito in ſacrum fontem confecti cibi reliquias ex alvo emiſiſſet, traditur Dunſtanus prædixiſſe ita futurum ut ille quandoque ingens patriæ incommodum dedecuſque afferret.*

I ſhall add one more Reaſon of the diſuſe of *Cold Baths*, which was the Increaſe and Intereſt of *Foreign Trade* in the laſt Century, which then

then introduc'd all the *Hot Regimen* from the *Hot Climates*, such as *Tobaco*, *Tea*, *Coffee*, *Wine*, and *Brandy-Spirits*, and *Spices*, and these are unnatural to *English* Bodies; for a *Cold Regimen* is proper to *Cold Countries*, as the *Hot Regimen* for *Hot Regions*, because they preserve our Bodies in a State suitable to the ambient Air. If we stop the *Pores* by a *Cold Regimen* in *Hot Countries*, a *Fever* and *Fluxes* immediately succeed; and if we keep them open by a *Hot Regimen* in *Cold Countries*, *Defluctions* and *Intermitting Fevers*, and *Faintness* happen.

We cannot assign any other probable Reason, why *Pleurisies* (which are Species of *Rheumatisms*) were rare and unknown to *Physicians* in *Henry* VII.'s Days, and they as well as *Rheumatisms* and *Rickets*, are now very frequent, unless it be, that formerly the *English* were used to a *Cold Regimen* and *Cold Baths*,

but

but of late have diſuſed all the *Cold Regimen* for the *Hot*. I cannot here omit that judicious Remark of Sir *Walter Raleigh* upon the ſacred Story of the *Angel*'s Advice to *Sampſon*'s Mother, *To drink no Wine whilſt ſhe was with Child, That ſince Women with Child uſe too much Wine and Strong Drink, they bring forth feeble Children, and the whole Race of Strong Men is decay'd.*

I know the great Honour and Reſpect you have for the Opinion of the Lord *Verulam*, and ſhall endeavour to prove his Approbation of *Cold Bathing*, and that it exactly anſwers all the Rules and Indications he has obſerv'd for the Prolongation of Life. He tells us, *That the Prolongation of Life is chiefly to be expected from a right Regimen, and not from any particular Receipt or Food.* Now 'tis obſerv'd by all Nations, that a rational

uſe

uſe of *Baths* contributes much to the Health of the People.

The Lord *Verulam* orders the Application to be made to the innate Spirits for Prolongation of Life; and 'tis known by Experience, that *Cold Baths* act much on the *Spirits*, and preſerve them from *Evaporation*, and render them *Strong* and *Vigorous*: And he alſo directs us to alter the Parts by *Topicks*, ſuch are *Unguents*, *Frictions*; but *Cold Baths* do much more ſtrengthen all the Nervous *Parts*, and ſtop the Evacuation of *Humours*, and that alſo helps the *Circulation*, in which Life it ſelf chiefly conſiſts.

Cold Baths anſwer all his Intentions for the Prolongation of Life, becauſe they prevent the Depredation of the *Innate Spirits*, and alſo that of the *External Air*; the *Spirits* are made leſs Depredatory when condenſed; and for this

end

end he adviſes *Opiates* and *Nitrous Medicines*, but theſe cannot ſo effectually condenſe them as *Cold Baths* do, and they uſually cool and compreſs them, and thereby produce *Sleep*.

The outward *Air* is made leſs Depredatory by being leſs felt by the *Senſes* after *Cold Bathing*, and by the ſame the *Pores* are cloſed, and the *Air* in the *Humours* is much compreſſed and cooled, and rendered more ſuitable to a *Cold Atmoſphere*.

The following *Aſſertion* will more evidently ſhew his good Opinion of the *Cold Regimen*. He ſays, *That the Juices of the Body are made leſs depredable by an auſtere Courſe of Diet in a Life accuſtomed to Cold by ſtrong Exerciſe, and certain Mineral Baths. And I muſt add, that theſe muſt be* Cold *ones, and not* Hot, *which haſten Old Age, and ſhorten Life by* Evacuation *of* Humours. *I might inſtance*

ſtance in Sir *H. Coningsby*'s long Life; he being Eighty Eight, and that he imputes to Forty Years Uſe of *Cold Bathing*.

I ſhall next offer my laſt Remark, that the *Cold Immerſion* is uſeful to other *Animals* as well as *Mankind*; and ſince *Phyſicians* have learnt *Bleeding*, *Gliſters*, and other *Medicines* from the *Phyſical Practice* of *Brutes*, we may alſo learn *Cold Bathing* from ſome of them, and its Uſes alſo.

Ælian affirms, That Wild Pigs will be vehemently convulſed by eating of *Henbane*, but by going into the *Water*, and by drinking of it, they will recover, and from hence we may learn the Uſe of *Cold Baths* in Narcotick Poyſons and Sleepy Diſeaſes.

Our Water-Fowl uſually waſh themſelves in wet Weather. And *Celſus* recommends the Uſe of *Cold Baths* againſt Rainy Seaſons, which

will cure the *Pain* of the *Limbs*, and *Dulneſs* of the *Senſes*, occaſioned before *Rains*.

Canary Birds are ſubject to *Convulſions*, and they are uſually cured by *Immerſing* them into *Cold Water*. I was lately inform'd by a Lady, whoſe *Lap-dog* I had ſeen in *Convulſions*, that 'twas cured of them by being thrown into a Tub of Water: And by theſe Two Inſtances we may obſerve the Uſefulneſs of *Cold Baths* in *Convulſions*.

When I was at *Willowbridge*, I obſerv'd an old Countryman, who brought his *Mare* thither, after her being covered, and that he forc'd her into the *Water*, and afterwards threw *Water* all over her with a Bucket, which Practice, he told me, was common on ſuch Occaſions: 'Tis certain, that *Cold Water* contracts and ſtrengthens all *Nervous Parts*, and therefore *Cold*

Baths

Baths have always been esteemed useful against *Abortion.*

I shall next relate the Steps or Degrees by which *Cold Baths* were introduced.

The Art of *Cold Bathing* was certainly first invented by the *Common People*, who used it for the Preservation of their Health, and fortifying themselves against *Cold*, as other *Animals* do. The Priests farther improved this by applying it to *Divine Immersion*, thereby to purify the Spirits, and to make them more Calm and Vigorous in *Devotion.* The *Ægyptians* and *Greek* Physicians observed, how far it contributed to the Cure of many Diseases, which *Hippocrates* mentions, *Palsies*, *Convulsions*, *Hypochondriacal* and *Gouty Pains*, &c. The *Romans* also much improv'd this Art by using *Cold Baths* in the Winter, for which I will give you this Quotation out of *Pli-*

ny's Natural History, Cap. 29. *Hi regebant fata cum repente civitatem Charmis ex Massilia invasit, damnatis non solum prioribus Medicis; verum & balneis frigidaque etiam hybernis algoribus lavari persuasit, mersit ægros in lacus, videbamus senes consulares usque in ostentationem rigentes.*

The *English* Nation has not been wanting to the improving of this *Art,* for they have discovered the *Cure* of the *Rickets* by it, and *Rheumatick-pains* also; and some use it in the Winter, as the *Romans* did. In *Staffordshire* at *Willowbridge,* they have a more bold Practice than either the *Greeks* or *Romans* used; They go into the *Water* in their *Shirts,* and when they come out, they Dress themselves in their *wet Linen,* which they wear all Day, and much commend that for closing the Pores, and keeping themselves cool; And that they do not

not commonly receive any *Injury*, or catch any *Cold* thereby, I am fully convinc'd from the *Experiments* I have seen made of it.

I cannot yet find, that *Cold Baths* have been tried in many *Diseases*, therefore we must imitate the Example of *Antonius Musa*, and when *Hot Baths* fail, try, by a *contraria Medicina*, *Cold Baths*, as *Pliny* calls them. And since the *Great Augustus*, as well as other Learned *Romans*, by their *Example* and *Authority*, encouraged the Practice of *Cold Baths* so far, that they lasted during the *Roman* Empire; I hope to procure the Approbation of your Honoured and Learned *Society*, which would much contribute to the *Reviving* both the *Sacred* and *Medicinal Immersion*. The Common People will teach one another, and be convinc'd by their *Experience*, but Learned Men are too apt to ad-

here to their own *Opinions*; and there is no other way to incline their *Judgments*, but your *Approbation*, who have a general *Knowledge* of the *Nature* and *Uſefulneſs* of all *Phyſical Things*. And ſince I know I muſt meet with great *Prejudices*, as well as *Abuſive Reflections* in this Undertaking, I do here Appeal to your penetrating *Judgments*, and I queſtion not but the Truth of what is ſaid on this *Subject*, will juſtify the *Deſign*: Tho' I muſt beg your *Pardon* for the many *Errors* and *Faults* I have committed. Who am, Learned and Honoured Sirs,

Your moſt humble Servant,

Litchfield,
Octob. 6.
1702.

JOHN FLOYER.

THE

The ANTIQUITY of the *Religious* and *Medicinal* IMMERSIONS.

PART I.

LETTER I.

To the Learned Physician, Doctor William Gibbons.

SIR,

I Design in this Letter to represent to you the great Antiquity of Cold Bathing, which I shall evidently prove, by reflecting on the Ancient Lustration begun by the Patriarchs, and afterwards imitated by the *Egyptians*, *Jews*, *Greeks*, *Romans*, and almost all Mankind, which both Sacred and Prophane Histories sufficiently testify: If the Religious Lustrations came from Revelation, a short use of them would sufficiently discover the Effects of Cold Water upon Immersion, which evidently Invigorates the Actions both of Body and Mind, and renders both more Sedate and Calm, and therefore well prepared for Devotion; but 'tis most probable,

that the Ceremonies of Washing in Water, was a Part of Natural Religion, invented by our Rational Faculties, and grounded on the Vertues of Cold Immersion, which might, by some Accident, be then discovered; the Use of Water being so frequent, and the most natural and easy Method for cleansing of the Body, and that was thought by the Common People to cleanse away Sin; but by the Philosopher, to represent and produce an inward Purity in the Mind; for which Reason all Mankind used to wash themselves before their Sacrifices, and both Religious and Medicinal Immersions must be as ancient as Sacrifices themselves.

The manner of purifying by Water, seems as ancient as the Flood; for *Plato* in his Third Book *De Legibus*, affirms, That the Gods purified the Earth by the Flood; for which end they brought it on the Earth; and from this Opinion sprang the Custom of purifying by Immersion Mankind as well as the Earth, which Opinion is favoured by *Grotius*, where he discourses of Strangers initiated into Judaism by Baptism; *Hanc opinionem arbitror fuisse inter institua vetera orta post magnum diluvium in memoriam aquæ purgati mundi.* And St. *Peter* calls Baptism an Anti-type to the Flood.

I will give you some Instances from the Divine Writing, whereby I may prove,

That

That the Ceremony of purifying by Water was ancienter than the Law of *Moſes*; And that it was practiſed by the Ancient Patriarchs, 'tis very probable, becauſe we find it recorded, that *Jacob* commanded his Family to purifie themſelves, and change their Garments, before they went to *Bethel* to Sacrifice. And *Job* ſpeaks of a like Purification by Snow-water. We alſo read, that *Pharaoh*'s Daughter went to the River *Nile* (there being no Fountain-Water in *Ægypt*) to purify herſelf, or to procure Fecundity, as was uſually done thereby.

The *Iſraelites* were uſed to Immerſion, not only by the Example of their Anceſtors, the Patriarchs; but ſuch Cuſtoms of purifying were uſed by the *Ægyptians* amongſt whom they lived, many hundred Years.

Diodorus Siculus mentions the Cuſtoms of the firſt *Ægyptian* King, who firſt waſhed his Body in Water, and then adorned himſelf in his Royal Robes before he went to Sacrifice.

Porphyry affirms, That the *Ægyptian* Prieſts waſhed three times in a Day upon extraordinary Sacrifices.

I will add one Teſtimony more to prove that Cuſtom among the *Ægyptians*, and this Point farther, that they had perfectly obſerved the natural good Effects of Cold Immer-

Immersions, used in giving a great Chearfulness and Alacrity to the Animal Spirits. *Apuleius* discourses of this *Egyptian* Custom thus, *Discussa pigra quiete alacer exurgo, méq; purificandi studio marino Lavacro trado, septiesque submerso fluctibus capite lætus & alacer Deum præpotentem sic apprecabor.*

Moses afterwards in his Laws retains the Immersions of the Patriarchs and *Egyptians*, and prescribes divers Washings for the purifying of the Unclean, as those who had touched dead Bodies, or had Seminal Pollutions, or were Leprous, Menstruous, or the *Puirpera*'s; and 'tis a *Jewish* Custom to wash before Prayers and Sacrifice, and their going into their Temples: So *Judith* washed before her Prayers; and the *Mahometans* sprinkle their Heads with Water three times before their Prayers; and they now purify themselves in Fountains, after the manner of the *Jews*, from whom they learnt all their Lustrations; and the present *Moors* use a Lustration by washing in the Sea.

Pythagoras travelled into *Egypt*, and was a learned Physician as well as a Philosopher, and he taught the *Western* Nations that Purity was to be got by Washings and Sprinklings; he therefore taught the *Greeks* all the Cold Immersions, whether Medicinal or Sacred, which he had learnt in *Egypt*.

Diogenes

Diogenes Laertius, in the Life of *Plato*, mentions a Cure done by the *Egyptian* Priests, by Bathing in the Sea-Water, and that it was the general Opinion of the World, that Salt-Water purified both Body and Soul, Θάλασσα κλύζει πάντα τῶν ἀνθρώπων κακά, and they also esteemed Fountains more efficacious than Rivers.

The following *Greeks*, as well as the *Jews*, acknowledge Three sorts of Purifications by Washings; the Immersion was called λοῦσις; the Washing of the Hands and Feet, νίψις; the Asperson ῥαντίσμός.

Virgil describes the washing of *Æneas* before his Sacrifice to the Gods above; *Donec flumine vivo——Abluero*; and in *Dido*'s Sacrifice to the *Dii inferni* (where they only used Asperson)

Dic corpus properet fluviali spargere lympha:

But in all great Devotions, *Persius* observes that Immersion was practised:

Hanc sancte ut poscas Tyburino in gurgite Mergis
Mane caput bis terque, & noctem flumine purgas.

The *Romans* had both their Religious Ceremonies and their Physick from the *Græcians*, and they improved the Art of Cold Bathing, as will be evidently proved by

by the Account given thereof in the following Letters, by divers *Quotations* from *Celsus*, *Suetonius*, *Seneca*, *Pliny*, *Orobasius*, *Ægineta*: And by the Account of the Writings of *Hippocrates* and *Galen*, I shall convince you, that both these Masters of our Faculty well understood many useful Practices and Cures done by the Cold Immersion; and I would only add one Quotation from *Homer*, to shew, that the *Greeks* commonly practised the Cold Immersion, both for Purification, and the fortifying the Animal Faculties. For *Homer* mentions the purifying of the *Atrides* in the Sea, and that *Circe* was found by *Jason*'s Companions washing of her Head in Cold Water, to help her Night-Dreams, and her Prophetick Extasies.

The most unlearned Nation knew the good Effects of Cold Bathing, and also used it in Purification, as well as the *Ægyptians*, *Greeks*, and *Romans*.

Cambden assures us, That the *Gauls*, from whom our *Britains* sprang, had their sacred Fountains, which they called *Divona*; and we may well suppose, that they used them both for Lustrations and Cures, as in following Ages (when Christianity came into *England*) the *Saxons* did: St. *Winefred* lived about the Year 644. and St. *Mongah* in the *Saxon* Times; and we find the Wells dedi-

dedicated to these Saints, were famed both for their Cures and Devotion. Many of our *English* Springs will do miraculous Cures when used in Cold Bathing, which in Ages more illiterate, were imputed to the Vertue of the Saint to whom it was dedicated, or the Devotions used there.

Roger Hoveden affirms, That at *Wy* in *Kent*, there was a peculiar Well, into which there was a wonderful Virtue infused by the Prayers of a certain *Norman* Monk.

And 'tis reported of St. *Francis*, That he cured many by the Water in which he dipt his Rope; and 'tis also affirmed, That there is a Water in *Flanders*, which will cure the Palsy after the little Image of *Montis Acuti* has been soaked therein.

But I will return to our *English* Histories, and produce a miraculous Cure done by Immersion, which is recorded in Bishop *Hall*'s Mystery of Godliness, and the same is quoted by the *New Britannia*. The Bishop mentions a Cripple who for Sixteen Years moved on his Hands, the Sinews of his Legs being contracted; this Cripple had a Monition in his Dream, to wash in a Well at St. *Madernes* in *Cornwall*, by which he was suddenly restored to his Limbs. And of this Story the Bishop took a particular Account in his Visitation, and had it sufficiently attested by many of the

Neigh-

Neighbours, so that he was fully convinced that there was no Art or Collusion in it; but he believed that some good Angel suggested the Remedy.

I will next proceed to shew the Use of Cold Bathing formerly famous in *England*, and many *Northern* Nations, for the Leprosy and Rheumatism.

The Leprosy was formerly more frequent in *England*, as appears from *Cambden* in his Description of *Leicestershire*, where he informs us, that the Leprosy, about the beginning of the *Normans*, spread all over *England* by Infection, and that that Age supposed it to come from *Egypt*, as it did in *Pompey*'s Days; he farther tells us, That at *Burton* in *Leicestershire*, there was a rich Hospital built by a Collection through all *England*, for the *Lazars*, to the Masters of whom all the lesser *Lazars* in *England* were subject, as *he* was to the Masters of the *Lazars* in *Jerusalem*.

There is scarce any Cold Spring famous for any Cures, but it is also commended for Scabs and Leprosy, which must be grounded on the Experience of those Times in which the Leprosy was cured by Cold Bathing. And since the Leprosy was so frequent in the Beginning of the *Norman* Reign, and that was cured by Cold Baths, they were also frequent among the *Normans*.

The

The Leprosy might probably be the present Pox, which spread all over the World; and one would be apt to suppose that 'tis a Species of the Leprosy described in *Aretæus*, who mentions many Symptoms of it, as the Pains, Scabs, Loss of the Nose, and Corruption of the Extremity of the Body. And *Philo* affirms, That the *Jews* were subject to an *Antharx* or *Carbuncle* on their *Penis*, for which *Circumcision* was useful. 'Tis well known that *Hippocrates* mentions the σπιδόνες αἰδοίων, and that a *Carbuncle* in the *Urethra* is to be cured by Suppuration; and these are the peculiar Symptoms of the Pox, and cannot ordinarily depend on any other Disease than the present Pox.

The *Rheumatism* is an old *English* Disease, for which Cold Baths are famous; and yet that is commonly call'd a new Disease: Tho' that is described by *Hippocrates* under divers Names, as πόνοι ἄρθρων, πόνοι σπλήνων, πόνοι πλευρέων. And the *Sciatica* is plainly described, which is one Species of the Rheumatism. And as to the Small-Pox, that seems to be reckon'd by *Hippocrates* amongst the Spring Diseases, and are called by him in his Third Book of Aphorisms ἐξανθήσιες ἡλκώδες; and in the *Coacæ prænotiones*, N°. 114. φλυζακίαι, which happen in continued Fevers, and were fatal if they did not suppurate.

All

All the Diseases we esteem new in this Age, were formerly described under other Titles; and this Age has only better described them, and reduced them to their proper kinds. In *Hippocrates*'s *Epidemicks*, we may find all our present Fevers described, as those with Rheumatick-pains, Cholerick-fluxes, Peripneumonia's, Pleurisies, Angina's, Coughs, &c. The Pleurisy was a Disease very rare in *England*, as *Polydor Virgil* says. This seems a Species of the Rheumatism, and was increased by our hot Dyet and Intemperance; and it was called by *Dioscorides*, the Rheumatism of the Breast. 'Tis evident, That *Galen* describes it under the Notion of an inflammatory Lassitude, for which he prescribes Bleeding, *ad animi deliquium*, or at least Twice a Day. He observes the Fever and Pains which attend it. He proposes a thin Diet of Ptysans, and cooling slimy Diet of Lettuce, Gourds, Mallows, Blites, &c. and Acids, as Vinegar with the Ptysans, and Fish for Diet, if it be proper to eat any Flesh. See *Galen* in his Fourth Book *For preserving of Health*.

The Scurvy is a new Name for the old Disease described by *Hippocrates* under the Name of Great Spleen, in which the Gums were corrupted, and the Breath smelt fœtid; and if no Hemorrhagies happened, nor the Mouth had an ill Odor, the Dis-

ease

eaſe affects the Limbs with ill Ulcers, and Spots on them.

The Rickets ſeem a new Diſeaſe, but it was probably the ſame which *Hippocrates* obſcurely deſcribes under the Name of thoſe Diſeaſes in Children, which are deſcribed by the bending of the Spine inwards (σποδύλες τῦ κατὰ τὸ ἰνίον εἴσω ὦσιες) and we find λόρδωσις, and ῥάχε& διαςροφὴ, and greatneſs of the Head, which are the Symptoms of the Rickets, were eſteemed diſtinct Diſeaſes.

I have given all theſe Inſtances of the ancient Opinions, Practices and Deſcription of Diſeaſes, to ſhew, that the Authors of our Faculty, *Hippocrates* and *Galen*, have laid the Foundations of Phyſick, upon which we ought to Build and Improve, to obſerve all the ſenſible Qualities in Medicines and diſeaſed Humours, which they omitted, to deſcribe all the Symptoms of ſeveral Diſeaſes, and reduce them to their ſeveral Kinds, to correct their Errors in Anatomy and Philoſophy, and never to recede from the Foundations they have laid for any general Hypotheſis, how curious ſoever.

The Chriſtian Baptiſm ſucceeded the *Gentile* Purifications, and that was performed by Immerſion in *England*, and all Parts, at the firſt Planting of Chriſtianity. In the Life of *Ælfredus*, we find that *Gu-*

thrumnus the *Dane*, with Thirty of his Companions were baptized in a Fountain; and *Alfredus de baptisterio suscептum nominat Athelston.* And they then used a Second Rite of Ablution, *Cum vestes candidæ deponerentur.* Such Practices of Ablution of Children, which is both Religious and Physical, is practised in the *East-Indies*, as *Albert de Mandesloes* informs us in his Travels among them. He affirms, That the *Canarims* wash their Children as soon as they are born, by which they grow so hardy and strong, that 'tis ordinary to see Men among them of a Hundred Years old in perfect Health, not missing a Tooth. He farther tells us, That the *Indians* oft stupify themselves with the *Datura*, and that they presently recover by moistening the Soles of their Feet with fair Water; by this effect, we may learn the benefit of Cold Immersion in Narcotick Poysons. The same Author observes, That the *Japonese* never swathe their Children, but wash them in Cold Water; and in *Japan* the Air is more inclined to Cold than Hot.

Because 'tis usually objected, That these Religious Practices of Immersion are suitable to Hot Regions, and not to the Cold, I will give some Quotations from the Writers of Travels into those Cold Countries, to shew, That the *Northern* People use such Practices.

Practices. *Olearius* informs us, That Men and Women in *Muscovy* come naked out of their hot Stoves, and so go into Cold Water, or have it poured on them; and in Winter they wallow in the Snow; and that they do the same in *Livonia*, where the *Finlanders* come out of their Hot Stoves into the Snow, with which they rub their Bodies as with Soap, and then return into their Stoves again for a moderate Heat; and thus they from their Childhood, use themselves indifferently both to Hot and Cold.

The *Muscovites* believe themselves the only Christians, because they are immersed into the Water, and not sprinkled; and they will receive no Proselytes 'till they are rebaptized by Immersion: They therefore Dip their Children in their Fonts, and all Persons of riper Years are plunged into Rivers at their Baptisms. And *Olearius* farther affirms, *page* 96. That they often break the Ice to get them into the Water. He says, The *Muscovite* Boys are bred so hardy, that they can stand half an Hour bare-footed on the Ice without any Injury.

Olearius also delivers the manner of the Baptism of the *Armenians*, who set their Children naked in the Font, and pour Water on their Heads and Bodies three times.

In *Tavernier*'s Travels, 'tis obſerved, That the Chriſtians of *Balſara* in *Aſia*, who anciently lived near *Jordan*, never Baptize but in Rivers, and that the Godfathers plunge the Child all over into the Water: And every Year theſe Diſciples of St. *John* celebrate a Feaſt for Five Days, during which Time they are baptized according to the Baptiſm of St. *John*. *Tavernier* alſo farther obſerves, That the *Armenians* plunge their Children into Rivers at *Chriſtmas*, and he wonders that the Extremity of the Weather does not kill the Children. The King of *Perſia* is oft preſent at this Ceremony performed at *Chriſtmas* near *Iſpahan*.

I have been informed, That our *Highlanders* oft Dip their Children in Cold Water: And a Perſon of Eighty Years old, who was then very ſenſible, told me, That in his Time he could not remember the Dipping of Infants in *England* at their Baptiſm, but that his Father oft ſpoke of it; and farther told him, That the Parents uſed always at the Baptiſm of their Children, to deſire the Prieſt to dip that Part very well in which any Diſeaſe uſed to afflict themſelves, to prevent its being Hereditary.

The *Welſh* have more lately left Immerſion; for ſome middle-aged Perſons have told me, That they could remember their Dipping

Dipping in Baptism. I shall in a following Letter prove that Custom useful to the Health of Infants, and that 'tis only a vain fear in the Parents, which has occasioned the Disuse of it, to which the Canon 1603, in King *James*'s Days might a little contribute, through the Mistake of its Sense; for there all Baptism, whether by Immersion or Asperion, is declared valid; but the Sense of the Canon ought to be taken conformably to the *Rubrick, viz.* In cases of Necessity.

The Church of *Rome* hath drawn short Compendiums of both Sacraments. In the Eucharist they use only the Wafer as fittest for Procession and Adoration; and instead of the Immersion they introduced Asperion, which may be more conveniently practised in all Places than the Immersion. But of this I shall discourse more fully in a particular Letter, concerning the Immersion in Baptism, which has succeeded the Lustrations of the *Gentiles* as a Religious Ceremony: And of both these at present I have discoursed, only to shew, That Immersions have been practised by all Mankind, whether Learned or Unlearned, and that it has been esteemed by them not only safe, but also useful both to their Bodies and Souls. Not only the great Antiquity, but also the great Cures done formerly and

of late, upon many Patients, has given me a full Proof of their Safety and Uſefulneſs. And after ſome Reflections on this Subject, I thought I could not do a more uſeful thing for our Country, than to contrive for them all the Conveniencies of a Cold Bath, for the Cure of their Rheumatick-pains, Lameneſs, Palſies, Rickets, *&c.* for which Cold Baths are moſt certainly uſeful: The Place I fixed on for my Cold Bath, is a plentiful Spring, uſually called *Unite*'s Well, which riſes out of a Rock on the Top of a Hill, *North-Weſt* from *Litchfield*, and diſtant from thence about a Mile. The Well is ſituate in the Lands of Sir *James Simons*, Kt. of whoſe generous Inclination to ſerve this Country by the Incouraging of my Deſign, I am very ſenſible, and I ought to make this publick Acknowledgment of it, that he may receive the due Reſpect of all this Neighbourhood, and the Thanks and Prayers of ſuch Perſons, who ſhall find Benefit by Bathing in St. *Chad*'s Bath near *Litchfield*. And I hope none will be offended with my Naming thoſe Baths by the Name of that Holy Biſhop, to whom our Churches have long ſince had their Dedication; he was one of the firſt Converters of our Nation, and uſed Immerſion in the Baptiſm of the *Saxons*. And the Well near *Stow*, which may bear his Name, was

pro-

probably his Baptiſtry, it being deep enough for Immerſion, and conveniently ſeated near the Church; and that has the Reputation of curing Sore Eyes, Scabs, &c. as moſt Holy Wells in *England* do, which got that Name from the Baptizing the firſt Chriſtians in them; And to the Memory of the Holy Biſhops who baptized in them, they were commonly dedicated, and called by their Names.

The Figure of theſe Baths is oblong, ſixteen Foot long, and about Ten broad. The Baths lie cloſe together, but are divided by a Wall, and the lower receives the Water from the other. The upper I call for Diſtinction, *The Ladies Bath*; and the lower, *The Mens Bath*. The Water is ſufficiently deep to reach up to the Neck, and can be conveniently emptied as oft as we pleaſe, and will fill both Baths in a Night's time: The Deſcent into the Baths is by Stone Steps, and there is a convenient Room built to each Bath for Undreſſing, and Sweating, upon great Occaſions.

As to the Spring-Water, it appears very Cold: but that I might try its Coldneſs, I made the following Experiments: I dipt the Ball of the Portable Thermometer into the Spring, *Auguſt 6.* and I held it in the Water ſix Minutes, which I meaſured by the Minute-Glaſs, in which Time it ſunk

Eighteen Degrees. I tried the same Experiment in both the Baths, and found them both as cold as the Spring-Water it self. And I found, that the Well near *Stow*, called St. *Chad*'s, did not in six Minutes sink the Spirit in the Thermometer so low as *Unite*'s Well; and by the same Experiment I found, that the Steel Water near *Stow*, was not so Cold as either of the Wells mentioned, by three or four Degrees. I by these Experiments was convinced, that the Water at *Unite*'s Well was the coldest in our Neighbourhood, and therefore the fittest for a Cold Bath.

I have not been wanting this Summer, since *Midsummer*, to make some Experiments upon such diseased Persons as would be persuaded to use these Baths; but more hereafter will be made, when I have prevailed over the Prejudices of the Common People, who usually despise all cheap and common Remedies, which have ordinarily the greatest Effects.

I found these Baths very beneficial for all Rheumatick pains, and Paralytick weakness, and Stiffness after Rheumatisms. And I can produce a Countryman, who was cured of a Weakness in both his Arms by twice Bathing, and immediately after his Bathing he returned to his Country Imployment, who for many Months before was

was confined to his House. This I took notice of as a considerable Cure, he having tried all usual Methods for two or three Months in vain. And I must observe this to you, That some Internal Remedies, both Cathartick and Alterative, are necessary before the Use of Cold Baths, and also a suitable Diet. For *Dion Cassius* informs us, That *Musa* prescrib'd the *Hydroposia* as well as the *Pseuchrolusia* to cure *Augustus*. And I am very well convinced by many Trials about Cold Bathing, that they succeeded best, who not only drank of the Cold Water before they Bathed in it, but also continued the Water-drinking long after.

Many Persons experienced the Benefit of these Cold Baths in Rheumatisms, and they found Relief of Pains, and a great Strength of their Limbs, and Vigor of Spirit to follow upon the Use of Bathing; so that in these Instances there can be no doubt of its Safety and Usefulness.

I could not procure above one Gouty Person to try it; and he assured me, That he found the Weakness and Stiffness of his Limbs much relieved by it. But in these, and other Defluxions, without Water drinking, and a cool Purge of Salt, and a temperate Diet, no great Good can be expected.

As to *Hypochondriack* Cases, they who used them do very much commend these

Baths,

Baths, as was confirm'd by two of my Patients, who were much cooled by it.

I obſerved, That ſome Hot Tempers had a Raſh produced by Bathing, and they were eaſed of Pains thereby.

I bathed three times, and found the Water very cold at firſt, 'till I had dipt all over; but after a ſmall Stay, and upon coming forth, I was very hot, and inſenſible of any cold Air.

I cannot believe that Cold Bathing can help any Defluxions, ſuch as the *Aſthma*, without Water-drinking; and in a recent Diſeaſe; neither can Cold Baths do any good where the *Viſcera* are decayed.

The Practice of Cold Bathing is convenient for Young Perſons to render them inſenſible of the Cold Air, and very vigorous both in the Actions of Body and Mind.

Before I give you an Account of the Cautions I preſcribe about Cold Bathing, I will preſent you with a Scheme of the Variety of Cold Baths, and ſome Obſervations and Experiments I have made to diſcover their Virtues and Effects.

I believe the Varieties of Cold Baths, which may be made or found in *England*, are equal to the various Species of Medicinal-Waters, of which I will preſent you with the following Table.

1. The

1. The Cold Baths at *Buxton* and *Briſtol*, which have a temperate Heat, but in a lower Degree than that of our Humours.

2. The Waters of Rivers heated by the Summer's Sun.

3. The Water of the coldeſt Springs, ſuch as St. *Winifred*, St. *Mongah*, &c.

4. The Cold Springs impregnated by ſome Minerals.

1. A Cold Bath impregnated with a *Fœtid* Sulphur, ſuch as that at *Godſhall* in *Staffordſhire*, and at Sir *Nathaniel Curſon*'s, near *Derby*.

2. Vitriolick-waters, which are frequent in every Country.

3. Waters impregnate with Copper-Vitriols.

4. The Salt-Springs and the Sea-Water, give us a plentiful Cold Salt Bath.

5. The Petrifying Waters at *Newnham* in *Warwickſhire*, and other Places, will afford us a Styptick Bath, as well as all our Pump-Waters.

6. The ſmooth bituminous Waters at *Willowbridge* in *Staffordſhire*; and there is an Oily Water in the Lands called *Flaunders* near *Coleſhill*; they have an evident Oilyneſs upon Boiling, proper for Leprous Scurfs.

7. Nitrous purging Waters, frequent in many Countries; and there is a large Spring

of

of that Nature, fit for a Cold Bath in the Lands of Mr. *Richardſon* near *Coleſhill*, in the Grounds called *Flaunders*.

8. *Holywell* is eſteemed a Lead Water, and is very Cold.

9. In *Cornwall* there are Tin-Waters, and the *Tinners* waſh their Cuts in the Water running from *Mundick Oar*.

10. There are *Alabaſter* Waters very rough near *Tutbury*.

11. *Marle*-Waters taſte ſmooth, and have a little Stypticity, ſuch as the Excellent Spring called *Holywell*, near *Hinckley* in *Leiceſterſhire*.

12. Chalk-waters, and the Lime-ſtone, dry much, and may heal Ulcers in Cold Baths; we obſerve the Chalk-waters at St. *Albans*, and the Lime frequent at *Walſhall* in *Staffordſhire*.

All theſe various Cold Baths may be ſafe and uſeful; and for the better underſtanding of their Effects, I will make theſe following Obſervations.

1. That the Stypticity in Waters, whether from the *Nitrum Calcarium*, or Vitriols of Metals, or Stones, or Earths, increaſe the Contraction of the Skin, and membranous Fibres, and thereby ſtrengthen more than the common Cold Waters.

2. All Sulphur, Salt, Bitumens, and Metalline Vitriols, mixt with cold Springs, temper

per their extream Coldneſs, and give them mixt Qualities, diſcuſſing aswell as cooling; and by reaſon of the Diverſity of the Mixtures of the Minerals, Salts, Stones, and Earths, in all Springs; ſcarce any two Cold Baths can agree in all their Qualities and Effects in Humane Bodies.

3. Nitre and a Sulphurous Acidity render Waters more intenſely Cold; for ſo we artificially make common Water cooler by mixing Salt-Petre with it; or by putting a Roll of Sulphur in a Veſſel of Water, we thereby cool our Bottles filled with Wine or Beer.

4. I put the *Thermometer* into a Glaſs of our Conduit-water, which ſunk the Spirit in Three Minutes Seven Degrees; and after, I put into divers Glaſſes Sugar of Lead, in another Vitriol, and in a third Allum, and none of theſe did ſink the Spirit farther; by which I learnt, that none of theſe increaſe the Coldneſs of the common Water, but Salt-petre ſunk the Spirit one Degree more: But I obſerved by another Experiment with the Glaſs mentioned, that Well-water was not ſo cold as the Conduit-water.

5. I tried the Weight of the ſeveral Waters by another Glaſs-bubble, ſunk by Quick-ſilver in the Foot of it, That the Water in which Salt-petre and Allum were diſſolved,

and

and Well-water were heavier than the Waters in which the same quantity of Vitriol and *Saccharum Saturni* were dissolved. And to the weight of the Water, some of the cooling and contracting Virtues of Cold Baths may be owing; but the Water in which the Air is most compressed, is the coolest and also heaviest; for nothing makes Fluids as well as Solids heavier one than the other, but the want of Air in their Pores or Vacuity.

Before I conclude these Papers, I will not forget the Cautions I usually give before Cold Bathing, *viz.*

1. To Bleed and Purge, and use such proper Diet and Medicines, both before and after Bathing, which a rational Physician knows to be suitable to the Disease, and the Constitution of the Patient.

2. Not to Bathe when hot and sweating, but cool; not to stay in the Bath above Two or Three Minutes as the Patient can easily bear it; and to go in and out immediately, on the first Bathing, after an Immersion of the whole Body.

3. To use the Cold Bath before Dinner, fasting, or else in the Afternoon towards Four or Five a Clock; 'tis dangerous to go in after great Drinking and Eating.

4. Continue to Bathe Nine or Ten times, at least Two or Three times in a Week.

5. To

5. To use Sweating with Cold Bathing in Palsies and Rickets, and several Diseases affecting the Nerves with Obstructions.

6. In Windiness or Siziness of the Humours, or their Flatulency, no Sweating is necessary, nor where Bathing is used for Preservation of Health, or the invigorating of the Animal Spirits.

SIR,

THOUGH I designed in the beginning of this Letter to entertain you only with the Antiquity of Cold Baths, I thought fit to add what I had done in Imitation of the old Practice; and that I find it as difficult to prevail with the Country People to use Medicinals, as the Divines do the Religious Immersion: Though the true old useful Modes of Physick and Religion will in Time prevail, when People have had more Experience in Cold Baths. And the Learned Divines and Physicians in your Town, speak the Truth plainly, that it has been an Ancient Practice, and very fit to be revived, by reason of the Apostolick Practice, and the great Cures done by it. I have here appeal'd to your Judgment of the Antiquity as well as Usefulness of Cold Baths; and question not but you can and will assist me in defence of what I have asserted concerning them. I have endeavour'd

to

to ſerve our Country, *Staffordſhire*, in erecting St. *Chad*'s Bath near *Litchfield*; and if you think fit to uſe any Cold Baths, 'tis my Deſire you will remember your own Country in recommending ſome Patients hither. I have nothing to add, but that you will accept of theſe Papers as a Teſtimony of my great Eſteem for your Judgment and Learning, and as a Reſpect which I owe to you my old Friend and Countryman. I am,

SIR,

Your very humble Servant,

Litchfield, Oct. 21. 1701.

JOHN FLOYER.

LET-

LETTER II.

To the Learned Physician, Doctor Phineas Fowke.

Containing *Hippocrates*'s Opinion, concerning the Nature of Cold Baths, and their Usefulness.

SIR,

I Long since acquainted you with my Design of making a Cold Bath near *Litchfield*, and then I gave you some Reasons why I thought that Practice both safe and useful: But that I might more fully explain my Opinion, and the Reasons on which it is grounded, I have here digested my Thoughts into a short Essay on that Subject. I will first give the Opinion of *Hippocrates* about Cold Bathing, who has both fully describ'd its Effects, and given us some Rules and Cautions about the right Use of it. And in the Second Place, I will represent the Ancient Practice of Immersion in the Catholick Church, and most particularly in our Climate, for the Baptizing of all sorts of Persons, which

continued in *England* 'till about the Year 1600, by which I design to prove the Innocence of that Custom, and its Usefulness in preventing Hereditary Diseases. I will in the Third Place relate some Cures of considerable Diseases lately performed by Cold Bathing, which will fully Answer all Objections and Scruples which can be made against this Practice.

I know you will allow me to pay all Respect imaginable to the Judgment of *Hippocrates*, who was a most Judicious and Rational Physician, and the most Learned Founder of our Faculty: And since he has recommended Cold Bathing, I cannot undergo the Reflection of proposing some new unreasonable Project in this following Essay. I will first begin with the Opinion of *Hippocrates*, which he has delivered in his Tract of Ancient Physick. I will next observe what he has delivered in his Books of Diet, and in that which treats of the use of Liquids; and also have a due Respect to what is collected into Aphorisms in his Book of Aphorisms, relating to the same Subject.

In his Tract of Ancient Physick, he gives us these Effects of Cold Baths. If any Person in Health cools himself very much in the Winter-time, either by Bathing in Cold Water, or otherways; the more he is cooled (if his Body be not perfectly

fectly congealed) the more vehemently he will become hot, when he puts on his Cloths again, and comes into a House. And he further says, They who travel all Day upon Snow or Ice, and suffer great Coldness on their Hands, Feet, and Head, observe that at Night when they come into the warm House, and are covered with Cloths, or near a Fire, that they suffer great heat and itching; and some have Blisters, like them who are burnt: He further observes, that they who have the most vehement shivering in their Fevers, have the greater burning in their hot Fits afterwards.

He farther proves, that Heat will succeed any use of Cold, by this Observation: He that tosses about through suffocating Heat by that means to cool himself, he will feel Ten times a greater burning and suffocating Heat than he who does no such thing.

That I may more clearly explain the Nature of Cold, and its Effects as to the Body, I will mention the Effects that Hot Baths produce, which are contrary to those of Cold Baths; and this Observation *Hippocrates* gives us of them. If any Person will heat himself very much, either by a Hot Bath, or a great Fire, and afterward continue in the same Place, and same Habit, as he who was much cooled, he will appear more Cold, and will become more

ſhivering than the other: And he obſerves how Cold ſucceeds Heat by this Remark; After the hot Fever-fit goes of by Sweat, the Sick is more cooled than if he had not had any Fever. Upon the preceding Obſervation of *Hippocrates*, I deſign theſe following Remarks.

1. That the Deſcription of the Effects of Hot and Cold Baths, are not the Suppoſitions of Ingenious Men (for all Hypotheſes *Hippocrates* rejects as uſeleſs in Phyſick) but certain Experiments often tried on Humane Bodies, which were evident to our Senſes, and we only by our Reaſon diſcern the Cauſes of thoſe Effects; and by divers Experiments of the ſame kind made, we prove, that the Effect mentioned, depends on the Cauſe found out by Reaſoning.

2. By the Experiments mentioned, 'tis evident, that Cold Baths heat by ſtopping the Pores, and keeping in the hot Effluviums or aerial Spirits; and on the contrary, Hot Baths cool us by opening the Pores, and by evaporating the hot aerial Spirits very much, and then they chill us afterwards; and by this Obſervation we diſcern the Abſurdity of that Averſion moſt People retain againſt Cold Bathing, as if it would overchill them, whereas 'tis evident, that Cold Baths heat them who uſe them, more than the Hot Baths, which make us

ſenſible of the leaſt Breath of Air, and tender for a long time afterwards. It muſt be acknowledged, That Cold Baths directly produce a Senſe of Coldneſs upon their firſt Application to the Skin, but by that Coldneſs the Skin is contracted, and the Humours compreſſed an ſtopt within the Body, which produce Heat and Burning. On the contrary, hot Baths by their actual Heat affect the Skin, and open the Pores, and by rarifying Humours great Sweats are produced, which occaſion great Chilneſs afterward; of which we are very ſenſible after our Sweats by Exerciſe, which always cool us by the Evacuation of Humours; but it heats us, if they do no not ſucceed upon Exerciſe. By all theſe Reflexions we find, that Heat ſucceeds Cold, and Cold Heat naturally; and for this end we heat Water that it may ſooner cool and freeze.

3. The Subject on which both Hot and Cold Baths have their immediate Effects, are the Skin, and the aerial Spirits contained in the Animal Humours. The moiſtening of the Skin is but of ſmall Effect, and of no great conſequence in Phyſick; but the condenſing and rarifying the ſpirituous Air of our Bodies, has conſiderable Effects. Its Quantity and Elaſticity is increaſed by Cold Baths; but 'tis much evacuated and weakned by Hot Baths: And on theſe Alterations

of the inward Air does all the Virtue of Hot and Cold Baths depend immediately, as will be hereafter proved.

4. Neither Hot nor Cold Baths can cure any Cacochymia's, but only their Hot and Cold Qualities, or their Rarification and Condenſation, which are the Effects of a Fermentation, either running too high, or ſtanding to low.

According to *Hippocrates*'s Notion, there is naturally in our Bodies, Bitter, Salt, Sweet, Acid, Acerb, Inſipid, and many other Taſtes; (and by theſe I diſtinguiſh the ſeveral kinds of natural Conſtitutions) for when our Humours are well digeſted, well tempered, and well mixt, we enjoy a perfect Health, which being ſeldom found, ſome one of theſe Taſtes predominate; and we may denominate each Conſtitution by the Taſte of that Humour which abounds. *Hippocrates* obſerves farther, That Diſeaſes are produced, if too much Sweet, Bitter, or Salt, be produced, or they be too high digeſted, exalted, or ſeparated from the reſt; ſo Fevers do not depend on Heat alone, for that is the Effect of an Effervescence; but the various Cacochymia's which efferveſce, are the Bitter, Salt, Acid; and theſe *Hippocrates* knew, and called them the Hot Bitter, Hot Salt, and Hot Acid; and the Cold Cacochymia's he called the Acerb.

and

and the Cold Insipid. And by these Tastes 'tis plain, that not only Fevers, but also Fluxes of Humours, Obstructions, and Effervescency, ought to be distinguished into their several Species, that we may prescribe not such Specifick Tastes as are proper for the Disease in general, but such as are suited to the several Constitutions, in which any of the mentioned Diseases are produced.

By this Description of the several natural Constitutions, and the Morbifick Matter, 'tis evident, that Cold and Hot Baths can only heat and cool, and change those Qualities in us. But in our Patients, besides Bathing, we must purge off the Quantity, and by contrary Tastes, correct the Exaltation or Degeneration of any Humour, or new mix it; temper its Acrimony, or digest its Crudity. Our Patients ought therefore to be well prepared before Bathing, and continue a suitable Diet, and Course of Physick afterwards. Therefore I must remark this as an absurd Humour in our Patients, to expect that Bathing should compleatly cure every thing, whereas it is but like all other external Applications, and ought not to be used 'till some general Method has prepared the Body for it.

5. That *Hippocrates* here understands Cold Baths, I may prove by this Expression, λουτρῷ ψυχρῷ. And Mr. *Dacier*

translates that, *en se baignant dans l'eau froide.* And when he describes the Person who heats himself, he mentions the way of doing it, λελοῦ θερμῷ; by which *Hippocrates* always understands hot Baths. And *Dacier* translates it, *par une bain chaude:* But the Sense of those Words I will farther prove by the next Remark out of *Hippocrates* in his Second Book of Diet.

Hot Baths extenuate and cool them, who use them fasting; for by the Heat they evacuate the Serum out of the Body, and that being evacuated, the Body is cooled: But if we use them after Eating, they heat and moisten by rarifying the great Quantity of Humours, and swelling up of the Habit of the Body. Cold Baths have a contrary Effect, for the Cold produces a kind of Heat in them who use them when they are empty; and they take away the serous Humidity from them, who use them after Eating, and by their Coldness they increase the present Driness of the Body.

The Remarks I shall make on these Observations, are,

1. *Hippocrates* does evidently here describe the Effects both of Hot and Cold Baths; for before these *Observations*, he says, περὶ δὲ λουτρῶν ὧδε ἔχει; and by the Word λοῦσθαι, he always understands Baths.

2. He proposes the Use of Hot and Cold Baths,

Baths, both when we are empty, and after eating, and gives us the Effects of both; When we design to heat, we must use the Cold Baths fasting; and when we design to dry the Body, we use the Cold Baths after eating, which causes Evacuations of the Nutriment by Urine, Stools, and Sweat; the Coldness contracts the Skin, and thereby hinders the Afflux of Humours outwardly, the Circulation is turned inward, and causes not only the drying of the Serum in the Habit of the Body, but also the Evacuations I have mentioned: And hence I may also observe, that in using of the Cold Baths fasting, the Body is not cooled, but heated, nor any of the Evacuations do succeed to extenuate the Body. In the Use of Hot Baths fasting, the Body is extenuated by Sweating of the Serum, which *Hippocrates* calls the τὸ ὑγρὸν; and therefore Cold Baths used fasting, keep in the Serum, and heat the Body by closing its Pores; and by causing a great Rarification of Humours after they are once compressed (by the Elasticity of the Air being inclosed in them).

Cold Baths after eating, cool, because the crude Nutriment as well as Cold Water, both hinder the Rarification of Humours, and because of the Evacuations mentioned; but Hot Baths violently rarify

rify the Nutriment, and by relaxing the Skin, cause the Plumping up of the Habit of the Body by it: but because of the Crudity of the *chilous Serum*, it will not easily perspire.

I shall next proceed to give an Account of *Hippocrates*'s Observations concerning the Effect of Cold, out of his Tract, *Concerning the Use of Liquids*, which being an imperfect Tract, is only Observations; and the Design of it is to shew the right Use of Cold as well as Hot; and though he mentions not Bath, yet we may infer, if Hot and Cold can produce any considerable Effects in any Part, it will do the same on the whole; he mentions, πυρίη τῷ σώματι καὶ ἀπανὶ καὶ ἢ μερέϊ. And I think Bathing is most properly called the Fomentation of the whole Body. He seems there to design to explain the general Effects of Liquids, when he gives us the Account of the general Effects of Water, in moistening, heating, and cooling. Moistening respects the Skin, but heating and cooling shew the Effects it has on the Humours; and when 'tis drank, it has no other good or bad Effects. By this Observation we may be instructed how much the external Use of Medicines agrees with their inward Use, and from the outward Use we may learn the inward good or bad Effects.

He makes the Skin of the Patient the Judge of the Heat and Cold, or else the Skin

Skin of him who pours on the Water; and he adviſes both to be endured 'till the Effect deſired is produced; but that we ſhould not proceed to any great Exceſs which will injure the Body. This is a fit Caution to be uſed in Cold Baths as well as the Hot; we muſt ſtay in them ſo long as to produce a moderate Effect, but not ſo long as to burn us by Heat, nor congeal us by Cold. If we ſtay but a ſmall time in a Cold Bath, it will produce but a ſmall Effect; but if we ſtay long, it will produce a great one, and too long will deſtroy our natural Heat. He mentions the Inconveniencies which enſue upon an Exceſs in the Uſe both of Hot and Cold Water in Fomentations. And the ſame I may apply to Baths. Had Places for Baths been more common in *Hippocrates*'s Days, all theſe Directions about Fomentation, and *Lotions*, or *Affuſions* of Water, would have been applied to Baths; but he complains in his Book, *Concerning the Diet in Acute Diſeaſes*, pag. 65. that Conveniencies for Bathing, and fit Servants for that Uſe, were to be found but in few Places. I ſhall therefore continue to make a Parallel betwixt Fomentatious and Baths, as to their Effects, and I muſt mention the Effects of Heat, that thoſe of Cold may be better underſtood. Exceſſive Cold has theſe Effects; It blackens Inflammations by contracting

tracting the Skin ; it hinders Perſpiration, and the Circulation of the Blood through Tumours ; it very much compreſſes the Air in our Humours, and venal Blood looks blacker than the Arterial, becauſe the Moſion and Rarification of it is much leſs. He farther ſays, That exceſſive Cold cauſes feveriſh Rigour, Convulſions and Diſtenſions, all which depend on the Senſe of Chilneſs, which gives the ſhivering in the Skin, and occaſions its Contraction ; and the greatneſs of the Senſation of Cold produces the Contraction and Convulſive Motion of the Muſcles and their Tendons, and the *Tetanus* is only a laſting Cramp. When we obſerve any of theſe Diſorders mentioned, we muſt conclude, that we have ſtay'd too long in the Cold Bath ; the Effects of exceſſive Cold are alſo ſoon felt on the Breaſt, Stomach, and Belly, becauſe we uſe to keep thoſe Parts more warm than the reſt.

He gives theſe Effects of exceſſive Heat, that it bliſters the Skin ; and this I believe it effects by rarifying the Air contained in our Humours, as Cupping-Glaces do. To this Effect of Heat I may aſſign a contrary Effect in exceſſive Cold, which contracts the Skin like a Gooſe-Skin, and makes it very pale. Exceſſive Heat effeminates the Fleſh, that is, it makes it very ſoft ; therefore exceſſive Cold hardens it ; exceſſive

ceſſive Heat debilitates the Nerves, and ſtupifies the Spirits, by evaporating of them. Exceſſive Cold muſt congeal and compreſs them too much. Exceſſive Heat cauſes Hemorrhagies by rarifying the Air in our Humours. Exceſſive Cold ſtops all Fluxes of Blood, by condenſing and over-compreſſing the Animal Spirits in our Humours; theſe Effects of exceſſive Cold are not expreſſed by *Hippocrates*, but I may juſtly infer 'em from the contrary Effects of exceſſive Heat.

Whilſt we are in Health, *Hippocrates* gives us theſe Obſervations of Hot and Cold: A Mediocrity of them profits us; and whilſt they pleaſe us, and are eaſily borne, they do us good; but they injure us when they give us pain, and are difficultly borne.

The Parts of the Body which are naturally covered, are pleaſed with Heat, ſuch as the Brain, Nerves, Back-marrow, the Breaſts, Loins, Stomach, and Hypochondria's, and the Fleſh; theſe being uſed to a moderate degree of Heat, are much offended by Cold when they are uncovered; but any of theſe Parts being præternaturally Hot or Cold, require the contrary, and are pleaſed with it; and when they are hot, the drinking of Cold Water is moſt acceptable, as well as the ſame in outward Applications. As Heat cures all the Febrile Rigours, Convulſions, and Diſtenſions, which Cold produces; ſo Cold cures all the

ill Effects of Heat above mentioned, and Cold is as neceſſary as Heat to alter the ſolid Parts, and the Humours contained in them.

I will deſcribe the Effects of Heat upon diſeaſed Bodies, and ſhew thereby the Effects of Cold in contrary Caſes; and herein deſcribe them as *Hippocrates* has done, though in a different manner, to avoid the Repetition he has made of them in this Tract.

The hot Fomentation of the whole Body, or of its Parts, (and the ſame is the Effects of Baths) mollifies the Skin, which is too hard, and relaxes the tenſe, becauſe Heat rarifies the Humours contained in the Veſſels, and thereby mollifies it; relaxes the Skin by mollifying of it. Cold on the contrary condenſes the Humours, and occaſions the Contraction of the Membranes of the Skin, therefore it makes the lax Skin tenſe and hard.

Heat attracts the Humours and Nutriment into the Fleſh and Nerves; therefore Cold on the contrary repels them.

Heat opens the Pores for Sweat, but Cold ſhuts them up, and hinders it.

Heat is proper for the moiſtening by a Fomentation in the Noſe, Womb, Bladder, and *Anus*, becauſe they are naturally kept warm; therefore Cold is injurous to them all, if ſwelled or dried. Heat

Heat discusses Winds, therefore Cold increases them; but in Youth, and in the Summer-time, and in a fleshy Habit of Body, a large Perfusion of Cold Water recollects the Heat, and cures Distensions without Ulcers. The same is the Effect of Cold Baths, which produces contrary Effects to Cold Fomentations, because they produce Sweats, Urine, Stools, and the Menses, as I am informed by the Women. And probably for their Hemagogue Faculty, *Hippocrates* observes, That Cold Bathing makes bloody Urine worse, which none of the Interpreters seem to have well understood.

A moderate Heat increases the Flesh, and Cold shrinks and hinders its growth, because it repels the Circulation inward, but Heat attracts it outward, and thereby softens; and if immoderate, it melts and diminishes the Flesh, and extenuates the whole Body.

Heat recals the Colour, but if immoderate, it dissipates the Nourishment and Colour. Cold makes the Skin very pale, like Millet, or a Goose-Skin.

Hot Fomentations of the Head, or other Parts, occasion Sleep, by exhausting the Spirits; therefore Cold will hinder Sleep, by preserving the Vigour of the Spirits. Heat cures Spasms, and eases the Pains of Cramps, and all Pains of the Eyes, Ears, and

and ſuch like; and this it does by diſcuſſing the rarified Air which cauſes thoſe Diſeaſes. Cold Fomentations increaſe all thoſe Pains, though Cold Baths by producing Sweats, eaſe them.

Hot Water agrees with the Eyes pained with ſharp Rheum, and all Drineſs and Ulceration of them.

Cold Water is proper for inflamed red Eyes without Pain, and againſt all Suppuration, and Hardneſs in them.

Water may be applied externally with a Sponge to cool the Eyes, to deterge and moiſten the Membranes, and to dilute the Salt-Tears, or ſtop Defluxions of Salt-Serum thro' the Glands of the Eyes.

Heat helps the Parts over-cooled, and Cold refreſhes the Parts over-heated.

Heat promotes Suppuration, and Cold hinders it, by ſtopping the Afflux of Blood, and the Rarification of Humours.

Heat mitigates Febrile Rigours, Diſtenſions, Convulſions, and Heavineſs in the Head; all which Cold increaſes. Heat helps the Hardneſs of the Limbs after Inflammations or Contractions.

Heat is proper for Fractures, Luxations, Wounds in the Head, for Bare bones and Ulcers, which do not bleed, for all Parts mortified or ulcerated by Cold, for the eating Herpes, or Blackneſs in the *Anus*, Gums

Gums, *Uterus*. Cold is injurious to all these, and offends Ulcers, because the Parts have been used to be covered, and it stops the Afflux of Humours; but Heat is like Pitch to Ulcers, helping their Suppuration.

Hippocrates advises us to be more careful in the Use of Cold Things than Hot, because 'tis less agreeable to our Natures; yet he freely recommends cold Applications in Hæmorrhagies, and all Inflammations whilst recent; but it blackens old Inflammations: He commends cold Water for the Red Pustules in the Skin, in such as have swelled Spleens; and in those which happen by Hot Baths, or the Obstruction of the Menses, or the stop of Sweat, or rough Garments. By the Pustules in the Splenetick, 'tis evident he understands either the Scorbutick, or Leprous. *Note*, That he here mentions Hot Baths, and he therefore must be supposed to prescribe Cold Baths to cure the Pustules raised by them. I must remark farther, That he prescribes Cold Water for the Cure of the Pustules coming by the stop of the Menses, therefore Cold Baths are also good for the Menses, and it is likewise proper for swelled Spleens.

If he had designed the Description of Cold Baths, and their Effects, he could not have done it more plainly than in the following Words;

Both Hot and Cold Water are good for the Tumours of the Joints, and for Podagrick Pains without Ulcers, and moſt part of Convulſions. He that pours upon any part much Cold Water, extenuates it by cauſing Sweats, and ſtupifies the Pain, and a moderate Stupor takes away Pain. Hot Water extenuates the ſame, and ſoftens them.

Note, That *Hippocrates* deſcribes the Application of Cold Water by theſe Words, ψυχρὸν πολλὸν καταχεομένῳ, which has the ſame Effect as Cold Baths.

Both the Hot and Cold Baths are good for the Gout, Reſolution of any part, Diſtenſions, Convulſions, and ſuch like; for Stiffneſs, Trembling, Palſies, or ſlight Apoplexies, and ſuch like; for Lameneſs, Torpors, loſs of Speech, and Suppreſſions of the inferior Parts.

By theſe Obſervations we know, that *Hippocrates* underſtood, That Cold Baths as well as Hot, cured the Obſtruction of the Nerves in Palſies, Tremblings, Loſs of Speech, Relaxation of the Limbs, Torpors, Stiffneſs.

He obſerved how the windy Spirits were compreſſed or diſcuſſed in Pains, Convulſions, Tenſions. He aſcribes the opening of Obſtructions, of the Menſes, Urine, Stools, to Cold Water, as well as Hot. The reaſon of all theſe great Effects he alſo obſerved,

observed, ψυχρῇ πολλῇ κατάχυσις θέρμης ἐπανάκλησιν ποιέεται θέρμη δὲ ταῦτα ῥύεται; by which 'tis evident that *Hippocrates* understood, that Cold produced Heat, and that that Heat cured the Diseases, for which Cold Baths are most effectual. Therefore all the Injury of Cold Baths, is from the staying in them too long, or repeating them so oft as to suffocate or congeal the Heat necessary to cure a Disease. From this Aphorism 'tis evident, That he prescribed them θέρεϊ μέσῳ in the Summer, not in the Winter, and νέῳ εὐσάρκῳ, to a Young Man of good habit of Body.

In the Aphorisms which seem to be collected out of the Tract of Liquids, I observe, that he describes the Excess of Hot Baths by πλειοσάκις χρεομένοισι; therefore we must avoid too oft Repetitions of Cold Baths as well as Hot.

In the Aphorisms relating to Cold Baths, *Lib.* V. he distinguishes the Pains for which Cold is injurious, and they are those which precede Suppuration, or Pains depending on Suppuration, but by the preceding Tract of Liquids, 'tis plain, That both Rheumatick Pains and Windy Pains are cured by Cold only, ὀδυνὴν ἀνεκπύετον ποιέει, 'tis the only Pain cold injures. In the Aphorisms, Cold, such as Snow and Ice, is observed to produce Coughs, to

break Veins, and to cauſe Defluxions. Cold Air therefore heats as well as Cold Water, and produces the ſame Inconvenience in Bodies diſpoſed to them. Since I find theſe Aphoriſms agreeable to the Tract of Liquids, I may conclude, That that Tract was his as well as the Aphoriſms; and by theſe we may diſtinguiſh his Writings. I obſerve farther, that he deſcribes in his Aphoriſms the Virtues of Hot and Cold, without mentioning of Fomentations, Affuſions, or Baths; but the τὸ ψυχρὸν, or τὸ θερμὸν, relate to all of them equally. That *Hippocrates* well underſtood the Uſe of temperate Baths, is certain, by the Direction he gives about them in his Book, *Of Diet in Acute Diſeaſes*; that he adviſes to Bathe, and that the way to the Bath be ſhort, and without Smoak, and that there be all Conveniencies for Bathing, and that the Perſon Bathed ſhould permit the Perfuſion and Deterſion to other Perſons, doing nothing but being ſilent themſelves. The Perfuſions which anſwered our pumping, ἐπαντλήσεις, ſhould be quick, the Deterſion by Sponges, and the Body to be anointed before very dry. After Eating, immediately we muſt not Bathe, nor Eat immediately after Bathing. He recommends temperate Bathing for Inflammations of the Lungs, and Pain of the Back, Sides, Breaſt, becauſe it ripens the Spit,

Spit, and helps it up; and this we ought to imitate in Stop of the Spit; it promotes Urine, helps the heavineſs of the Head, for which we ought to bathe our Patients, in that Caſe, in temperate Baths.

We ought not, according to his Advice, to Bathe them who are too Looſe, nor too much Bound, nor before Purging. We muſt not Bathe the Fainty and Weak, nor the Nauſeous, and thoſe who are diſpoſed to Vomit, or have a Cholerick Windineſs in their Eructations, nor thoſe who are apt to Bleed, nor thoſe who live on thin Diet, or are feveriſh. I have here preſented you with enough to prove, that *Hippocrates* knew the Virtue both of Hot and Cold Baths, and the right Uſe of them.

Hippocrates alſo has made the Uſe of Hot and Cold Baths, part of his *Gymnaſtick Art*, when in his Third Book of Diet he directs us after the Exerciſe of the *Palæſtra*, to bathe in Cold Water, but after other Exerciſe in Hot Baths.

But before I conclude, I muſt give you a Cure of that Sort of *Hypochondriack* Affection, which *Hippocrates* deſcribes to affect the Stomach with Pain and Vomiting of Choler and Phlegm; and when they take Nouriſhment, they are troubled with Winds, their Head akes, and pricking Pains are in their Limbs, which are alſo

Weak and Feeble; they burn and have a high Colour in the Face. For the Cure of it, *Hippocrates* proposes Exercise, Travels, Purges, and Vomits frequently, and a Cold Bath in the Summer, and in Autumn and Winter anointing with Oyls, Asses Milk, and to abstain from sweet, fat and oily Dyet, and to keep the Body open, and to use Glysters and Cool Dyet.

See *Hippocrates* of Diseases, *pag.* 42. ψυχρολέτεον τὸ θερ & καὶ τὸ ἔαρ.

If I had quoted no more than this one Case, it is sufficient to justify my Design of Erecting a Cold Bath for the Benefit of this Country; for the same Cause will oft fall into our Hands; and among many other Remedies, Cold Baths are necessary for the Pains, Weakness of the Limbs, Winds, and Convulsions. And by this Example, *Hippocrates* teaches us not to depend on Cold Baths alone, but to use them in a rational Method after general Evacuations, and not to neglect other Remedies, which joined with Cold Baths, will after some time effect the Cure.

The want of a true Notion about the Effects of Cold Baths, has made the Tract of *Hippocrates*, concerning Liquids, very obscure to all Translators, and they have not well distinguished, that the Virtues in the beginning belong to πνεῦμα, and those repeated

repeated at the latter end, κατάχυσις, which was performed by the Servant, who used to pour Water upon Persons, who bathed either in Hot or Cold Baths, as I could prove from *Hippocrates*: But I must desist at present, and submit all to your Curious Judgment, and beg the favourable Censure of what I have writ, and your kind Assistance in promoting my Design of Erecting a Cold Bath. In which I hope the Opinion of *Hippocrates* will engage you, as well as your usual Candor and Respect to,

SIR,

Your very humble Servant,

LITCHFIELD,
Dec. 1. 1709.

JOHN FLOYER.

LETTER III.

Concerning the Ancient Immersion of Infants in Baptism, and the Benefit thereof in curing many of their Infirmities, and the preventing Hereditary Diseases.

Candidus egreditur nitidis exercitus undis;
Fulgentes animas vestis quoque candida signat,
Et grege de niveo gaudia pastor habet.

To the Reverend the Dean, and Canons, Residentiaries of the Cathedral Church of Litchfield.

My Reverend Friends,

MY Design being to recommend the Use of Cold Bathing to this Country, I thought it necessary for the assuring all People of the Innocency of that Practice, to represent to them the Ancient Custom of our Church in the Immersion of Infants,

Infants, as well as all other People at their Baptism. And I do here appeal to you, as Persons well versed in the Ancient History, and Canons, and Ceremonies of the Church of *England*; and therefore are sufficient Witnesses of the Matter of Fact which I design to prove, *viz.* That Immersion continued in the Church of *England* 'till about the Year 1600. And from hence I shall infer, That if God and the Church thought that Practice innocent for 1600 Years, it must be accounted an unreasonable Nicety in this present Age, to scruple either Immersion or Cold Bathing as dangerous Practices. Had any Prejudice usually happened to Infants by the trine Immersion, that Custom could not have been so long continued in this Kingdom. We must always acknowledge, that He that made our Bodies, would never command any Practice prejudicial to our Healths; but, on the contrary, He best knows what will be most for the Preservation of our Healths; and does frequently take great Care both of our Bodies and Souls in the same Command. He has oft made that our Duty which highly tends to the Preservation of our Health. I may instance in Fasting, and subduing the Affections, and almost all Sort of Moral Duties. The same I design to prove, that tho' he designed Immersion

merſion as a Baptiſmal Rite for the Repreſentation of the waſhing away all Original Sin; yet that alſo might be a natural Means for the curing the Infirmity, and preventing Hereditary Diſeaſes in Infants.

And if I can prove, that the Uſe of Immerſion will be very advantageons to the Health of Children where Diſeaſes are Hereditary, I may help to revive the Ancient Practice of Trine Immerſion, which the Church does yet recommend to all Perſons, when in the *Rubrick* it commands the Dipping of the Perſon to be baptized diſcreetly and warily. And in this Diſcourſe I deſign to prove only theſe Two Things. 1. That Immerſion was practiſed from the beginning of Chriſtianity, for 1600 Years; and this Phyſical Uſe I ſhall make of this Point, that they who well conſider that Ancient Cuſtom, cannot retain any Scruples againſt the ψυχρολυσία I ſhall recommend. The Second thing I will endeavour to convince my Country of, is the Uſefulneſs of the Trine Immerſion to their Childrer, eſpecially in Families ſubject to Hereditary Diſeaſes.

I will begin with the Firſt, That it was the general Practice of the *Primitive Church*, to Baptize their Converts in Fountains, Ponds, or Rivers, and after that manner all Nations,

Nations, whether *Northern* or *Southern*, received the Baptismal Ablution.

The Holy Scriptures inform us, That St. *John* Baptized in *Jordan*; and this was part of our *English* Liturgy, That by the Baptism of thy well beloved Son, *Jesus Christ*, did sanctify the Flood *Jordan*, and all other Waters. *Paul* baptized *Lydia* in a River. And *Philip* baptized the Eunuch in a Water, of whom 'tis writ, that they went down both into the Water. *Tertullian* affirms, That *Peter* baptized many in the *Tyber*.

'Tis certain, That there were no Baptisteries built 'till after the Second Century, and then they were not built in the Church, but out of it, and near to some Cathedral, where the Bishop used to Baptize at the Eves of *Easter* and *Whitsontide*.

'Twas the Custom to Baptize both Men and Women naked. And so *Constantine*, in the 65th Year of his Age, himself was baptized, tho' the first Christian Emperor; And *Metaphrastes* attests, That after he was naked, *Piscinam ingressus est*, *Anno Christi* 348. 'Tis related, in the History of the Church, That *Polycarp* baptized *Tranquillinus* naked, though he had a great Pain in his Hands and his Feet.

St. *Chry-*

Chryſoſt. Homilies. St. *Chryſoſtom* interprets the Word Baptize by Immerſion, *Trina merſione baptiſma cuique tribuere:* And he mentions the Prieſt, *In loco ſuperiori ſtans ter illum demergit*; and *Chryſoſtom* lived *A. C.* 382.

I will mention a Quotation out of St. *Ambroſe*, *de Sacramentis*, who lived *Anno Chriſti* 381. becauſe he moſt particularly deſcribes the trine Immerſion. Thou art asked, *Doſt thou believe in God the Father?* Thou anſwereſt, *I do believe*; and thou wert dipped. Again, thou wert demanded, *Doſt thou believe in the Lord Jeſus Chriſt?* Thou anſwereſt, *I do believe*; and then thou wert dipped again. *Thirdly*, Thou wert asked, *Doſt thou believe in the Holy Ghoſt?* Thou anſwereſt, *I do believe*; and thou wert dipped a third time.

St. *Cyprian* gives a ſufficient Teſtimony of the Baptiſm by Immerſion, in his 96th Epiſtle, in anſwer to *Magnus*, in theſe Words, *Quæſiſti, mihi chariſſime, quid mihi de illis videatur qui infirmitate & languore gratiam Dei conſequuntur, an habendi legitimi Chriſtiani quod aqua ſalutari non loti, ſed perfuſi?* To which he gives this Anſwer, *In ſacramentis ſalutaribus neceſſitate cogente & Deo indulgentiam ſuam largiente totum credentibus conferunt divina compendia.*

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In an old Ritual lent me by the present Chancellor of our Dioceſs, I obſerve the *Benedictio fontium*, and that the trine Immerſion was poſitively preſcribed in the Form of a Croſs; but if any one was ſo Sick that he could not ſafely be Dipt, *ſufficit illum aqua aſpergi.*

Gregory the Great, who lived *Anno Chriſti* 590. introduced the ſingle Immerſion in Oppoſition to the *Arian* Hereſy.

I obſerve that in *Gratian*'s *Decretals*, and *Gregory*'s *Decretals*, both the ſingle and trine Immerſion are oft mention'd.

In the Time of *Clodoveus*, the *French* King's Baptiſteries were built in the *Weſtern* Church, and placed near the Door on the Left-hand; they were parted in the middle by a Travers of Wood, one Part was allotted to the Women, and the other to the Men, and Deaconeſſes were appointed to aſſiſt in the Baptizing of the Women. The Cuſtom of Baptizing naked Women is deſcrib'd by St. *Chryſoſtom:* And this, as *Caſalius* affirms, continued in the *Weſtern* Churches 'till the Year 1140, when it ceaſed in many Places, but continued in the *Eaſt*, and others of the *Weſt* ſtill retained it longer. In all theſe Baptiſteries they uſed Immerſion, and they deſcended by Steps into them, as into a Sepulchre, becauſe we are ſaid to be buried with him in Baptiſm; and it was the Cuſtom of the God-

God-fathers to receive the Men, and the God-mothers the Women, as they came out of the Water.

Becauſe it may be objected, That this Practice may be fitter for the hot Climates than the colder, I will give ſome Inſtances out of *Bede*, *Spelman*'s *Concilia*, *Linwood*, and *Sparrow*'s *Collection of the* Engliſh *Canons*, to prove, That Chriſtianity was planted in *England* by the uſe of the Immerſion, and that it was continued in *England* after the Reformation, during the Reign of *Edward* VI. and Queen *Elizabeth*.

Spelman, in his firſt Part of his *Concilia*, gives us an Account, That *Lucius* writ to *Eleutherius* to ſend ſome Miſſionaries into *England*, to Convert and Baptize the Nation, and that he accordingly ſent *Phaganus* and *Deruvianus*, who in the Year 166 preached, and baptized the King and his People (*Regem cum ſuo populo ſacro fonte abluerunt.*)

Bede in his Second Book relates how *Paulinus* baptized King *Edwin* at *York*, at *Eaſter*, in the Year 627; and at the Village *Rigin*, in the Province of the *Bernicii*, he baptized a great number of People in the River *Glen*; and in the Province of the *Deiri*, he baptized them in the River *Swalva*. And *Bede* in *Lib.* 3. atteſts, That he baptized a great Multitude in the River *Trahenta*.

henta. And *Bede*, who flouriſhed in the Year of our Lord 696. gives this Reflexion, *Nondum enim Oratoria vel Baptiſteria, in ipſo exordio naſcentis eccleſiæ poterant ædificari.* *Bede* gives an Account of *Byrinus*, who Preached in the Province of the *Geviſſes*, and baptized both their King and his People, *Fonte Baptiſmatis*; and that *Oſwald*, the King of the *Nordhumbri*, being preſent, *Eum de lavacro exeuntem ſuſcepiſſe.*

The Province of the *Mediterranean-Angle* were baptized by St. *Cedda*, and his Companions. And *Bede* deſcribes them whom they baptized thus, *Fidei fontæ ſunt abluti.*

Wilfrid converted the *South-Saxons* to the Faith, *Et lavacrum ſalutis miniſtrabat.* *Edilmalch*, their King, was baptized in *Mercia*, whoſe King *Wulfhere* being preſent, *Bede*, in his Fourth Book, makes him his God-Father; *A quo etiam de fonte egreſſus loco filii ſuſceptus eſt.* *Bede*, in his Firſt Book, relates how *Ceadwella*, the King of the *Weſt Saxons*, left his Kingdom, and went to *Rome*, *Ut ad limina beatorum Apoſtolorum fonte Baptiſmatis ablueretur*; and that he was baptized, *Die Sancti Sabbati Paſchalis*, *Anno* 689. By all the preceding Quotations from *Bede*, 'tis clearly proved, That Immerſion was the general Practice in the firſt planting of Chriſtianity in

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England; and by the following Instances it will appear, that it was continued in the *English* Church 'till the Time of King *James* I.

In *Spelman*'s *Concilia*, Part the First, in the Synod of *Cheluchyth*, under *Wulfred*, Archbishop of *Canterbury*, *Anno* 821. *Cap.* 22. I find these Words, *Sciant etiam presbyteri quando sacrum Baptisma ministrant, ut non effundant aquam sanctam super capita Infantum, sed semper mergantur in Lavacro, sicut exemplum præbuit per semet ipsum Dei filius omni credenti, quando esset ter mersus in undis Jordanis.*

That the same Custom continued afterwards, appears by the *Cassillian* Council in *Ireland*, *Anno* 1172. in Part Second, of *Spelman*'s *Concilia*, where it was ordered, *Ut pueri deferrentur ad ecclesiam, & ibi baptizentur in aqua munda, trina mersione.* And in the Year 1195. in the Council at *York*, it was ordered, *Ne in Baptismate plures quam tres suscipiant puerum de sacro fonte.* And *Spelman* shews the continuance of Immersion by a Statute made in the Council at *London*, held 1200, *Si vero puer in necessitate baptizetur à laico, sequentia immersionem non præcedentia per sacerdotem expleantur.* Many more Testimonies of the Immersion may be observed in *Spelman.* In the Constitutions of *Ric. Episc. Sarum*,

Sarum 1217. 'tis ordered, That in Baptizing of a Boy, there ſhall be but Three, *Ad levandum puerum de fonte.* And in the Conſtitutions of *Rich. Epiſc. Dunelm.* 1220. 'tis ordered, That the Water where the Child is baptized, ſhall not be kept above Seven Days; and in the *Synodus Wigornienſis*, *Trina ſemper fiat Immerſio Baptizandi*, *Anno* 1240. And in the *Synodus Exonienſis*, 1287. *Si puer rite baptizatus, non ipſa ſubmerſio, nec præcedentia, ſed ſubſequentia per ſacerdotem ſuppleantur.* And the *Synodus Wintonienſis*, *Anno* 1306. mentions the Immerſion. I have quoted all the preceding Paſſages from *Spelman*, whoſe Credit cannot be queſtioned; and I deſire alſo thence to obſerve, that the Immerſion was always uſed to Children, as well as Adult Perſons.

I will next produce *Linwood*, who began to write his *Conſtitutiones Angliæ* about the Year 1422. And he gives the Provincial Conſtitutions of *Edmund Epiſc. Cant. Anno Dom.* 1234. *Baptiſterium habeatur in qualibet eccleſia Baptiſmali lapideum, vel aliud competens.* And a competent Baptiſtery *Linwood* interprets big enough for the Immerſion of the Perſon to be baptized. And *Linwood*, *Page* 242. gives theſe Remarks on the different ways of Baptizing, although Baptiſm may be performed by

Aſperſion, or Affuſion of Water, where there is ſuch a Cuſtom, yet the more laudable Cuſtom is, that it ſhould be done by Immerſion; and tho' the Immerſion may be one, yet the Cuſtom of the trine Immerſion is more to be approved, becauſe it ſignifies our Faith in the Trinity, and the Three Days Sepulture of Chriſt. Tho' this was the Opinion of the Canoniſts in his Days, yet 'tis plain, that the trine Immerſion continued longer in *England*: For *Eraſmus* noted it as a Piece of Singularity in the *Engliſh* Church, becauſe in his Time they uſed Immerſion; and it is evident by the *Rubrick* in King *Edward* VI's Days, that the *Engliſh* Church uſed that Practice. Then ſhall the Prieſt take the Child in his Hands, and ask the Name, and naming the Child, ſhall dip it in the Water Thrice. *Firſt*, dipping the Right-ſide; *Secondly*, the Left-ſide: And the *Third* Time, dipping the Face towards the Font, ſo it be diſcreetly and warily done. In the Common-Prayer-Book in Queen *Elizabeth*'s Days, the *Rubrick* ſays, Naming the Child, you ſhall dip it in the Water, ſo it be diſcreetly and warily done; but if the Child be Weak, or be Baptized privately, in caſe of Neceſſity, it was ſufficient to pour Water upon it.

King *Edward*'s Injunctions were publiſh'd 1547.

1547. by which all People were forbid the breaking obstinately the laudable Ceremonies of the Church. And in *Sparrow*'s *Collection of Articles*, &c. in the Articles of Queen *Elizabeth*, 1564. 'tis ordered, That the Font be not removed, nor that the Curate do Baptize in any Parish Churches in any Bason, nor in any other Form than is already prescribed. And 1571. *Liber Canonum, Postremo curabunt ut in singulis ecclesiis sit Sacer fons, non pelvis, in quo Baptismus ministretur, riteque decenter & munde conservetur.*

I have now given what Testimony I could find in our *English* Authors, to prove the constant Practice of Immersion from the time the *Britains* and the *Saxons* were baptized, 'till King *James*'s Days, when the People grew peevish with all Ancient Ceremonies, and through the Love of Novelty, and the Niceness of Parents, and the Pretence of Modesty, they laid aside Immersion, which never was abrogated by any Canon, but is still recommended by the present *Rubrick* of our Church, which orders the Child to be dipt discreetly and warily.

I have been credibly informed by a Person of Quality, who had the Relation from Mrs. *Shaw*, an Ancient Midwife, that Sir *Robert Shirly*, in King *Charles* I's Days,

cauſed three of his Sons to be dipped in the Font without any prejudice to them; and that one of that Honourable Family, who was thus baptized, is now living. I mention this, to ſhew the Opinion of ſome in thoſe Days, who thought that Immerſion Innocent; and 'tis probable that many others were very unwilling to part with this laudable and ancient Practice of Immerſion.

I could not but obſerve theſe prudent Cautions uſed by the Primitive Church in the Ceremonies of Dipping.

1. The Times of Baptiſm were appointed at *Eaſter* and *Whitſuntide* in the *Weſtern* Churches; which, though it was a religious Practice in reſpect to the Death and Reſurrection of our Saviour, and the ſending of the Holy Ghoſt at thoſe times; yet theſe Times might be accounted more ſafe for the Immerſion than the Winter; but the Immerſion was alſo uſed at all Times of the Year, when this Practice began to be diſuſed; and in the *Eaſtern* Church they baptized at *Epiphany*, the Time of our Saviour's Baptiſm.

2. The Ancient Church uſed Faſting before Baptiſm 'till Evening; but this was at laſt changed into a Morning Baptiſm; faſting or being empty makes the Cold Immerſion leſs Dangerous, as in cold Baths.

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3. The Ancients anointed the Child's Breaſt and Shoulders all over before the Immerſion, and ſuch Unction was alſo practiſed in Cold Baths.

By the time of the Year, the Faſting and Unction, 'tis evident, that the Church prudently conſulted with our Phyſical Experience in the Circumſtances of Immerſion. And ſince Cold Baths were frequently uſed in *Auguſtus*'s Days, (and the following Emperors, 'till *Galen*'s Time, and after) as appears by *Suetonius* in the Life of *Auguſtus*: And *Celſus* often mentions it as well as *Celius Aurelianus*; and *Galen* in his Tract for the Preſervation of Health, has given full Directions concerning the Uſe and Benefit of it; all which I have quoted in my Treatiſe, *Of the Right Uſe and Abuſe of Baths*: 'Tis no wonder that all Chriſtians then freely uſed Trine Immerſion, which the general Practice of Phyſick had then taught the World to be both ſafe and uſeful; and when Chriſtianity was firſt planted, the Bath Structures were turned into Temples, and the *Piſcina*'s or Cold Baths, were called *Baptiſteria* by *Pliny* Junior, and in them they baptized frequently.

I will next undertake to prove, That the Uſe of Immerſion had a natural as well as a Divine Virtue, which was the preventing of Hereditary Diſeaſes, and curing

ſome Infirmities in Infants. I cannot ſuppoſe that any Body will aſſert, that the Conſecration does alter the Nature of the Water, but rather improves its natural Effects; therefore whoſoever is immerſed, muſt partake of all the natural Benefits which are produced by being dipped in Cold Water.

But before I give the natural Effects of Cold Water, I muſt remark, That the Church Hiſtorians attribute many Cures to a miraculous Power, as *Naaman* was cured by his being dipped Seven times in *Jordan*, and the Cripples in the Pool of *Bethesda*. Theſe I have mentioned to ſhew, that miraculous Cures were done by the Uſe of Water in the *Jewiſh* Days; and ſome are mentioned by the Chriſtian Hiſtories. *Conſtantine* was cured of his Leproſy by his Baptiſm in the Pond he ſaw in his Viſion, in which Pope *Sylveſter* afterwards dipped him. The ſame Story is reported of *Clodoveus* by *Gregory Turonenſis* at his Baptiſm, that he was alſo cured of a Leproſy, *Prodit novus Conſtantinus ad lavacrum deleturus lepræ veteris morbum, Greg. Turon. lib.* 2. It was the Cuſtom of the Church to keep the Water in the Font locked up, to preſerve it from ſuperſtitious Uſes, which were probably grounded on the Cures obſerved to be done by the

Anno 499.

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Immerſion in Baptiſm; and this might occaſion ſome ſuperſtitious Uſes of it in curing Diſeaſes. It has been a proverbial Saying amongſt the old People, *That if any one complained of any Pain in their Limbs, ſurely that Limb had never been dipped in the Font*; by which we may obſerve, that the Common People believed that the Immerſion prevented Rheumatick Pains, for which Cold Baths are very beneficial.

'Tis very probable that the *Jewiſh* Prophets and Prieſts, had a great Knowledge in Phyſick, as well as the Divine Rites; they were Judges of the Leproſy, and its Cure, and the ſeveral Species of it. In that hot Country, this Diſeaſe being common, they muſt obſerve all the Methods which Experience, or the Holy Spirit had ſuggeſted for the Cure of it. By the Miracles above-cited, we find a Divine Preſcription for the Uſe of Immerſion; and by the ſudden Cures, 'tis certain the natural means of Dipping was much invigorated by a ſupernatural Virtue to cure the Leprous. In the cleanſing of the Leproſy they waſhed his Body as well as his Cloths; and in that low Degree of Leproſy in our *Northern* Climate, which we call *Lepra Græcorum*, I have known the Cold Bath at *Willowbridge* to have done much good. And for the Scurvy, Swimming in Rivers

is oft prescribed; and our Country has found by Experience, that the Cold Water in *Sutton-Park* cures all Scabious Affections, which have a like Nature as the Leprosy.

As Physicians have learned the best means to prevent and cure the Leprosy by the miraculous Cures of it; so ought all Persons, in whose Family any Leprous Affections are hereditary, to consider both the Miracles mentioned, and the natural Means used by Physicians for the helping that Disease. And thus to argue, 'tis a Rule in Physick, That what will cure a Disease, will most effectually prevent it; therefore all the Children of Leprous Parents do want the Trine Immersion in Baptism, which will in their tender Age correct the putrid Odor of Leprous Bodies, and cause a better Perspiration of it. It causes Evacuations by Stool, Urine, Sweat; and those may discharge much of the putrid Humours, which they derived from their Parents: And I must add this farther Direction, that such Parents ought to breed up their Children to drink Water, and to abstain from fermented Liquors, and Flesh; because these promote the Putrefaction in Leprous Bodies, and by a frequent Use of Cold Baths, the increase of that Disease will be very much hindred.

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The miraculous Cures at the Pool of *Bethesda*, Dr. *Hammond* conjectures to be from some natural Virtue the Water acquired from the Blood of the Sacrifices, which in great quantity was mixed with that Water, upon great Festivals; that bloody Water might cure the Leprosy, for which a Bath of Humane Blood is commended by the Ancients. 'Tis probable it was only the Vulgar Opinion, That an Angel moved the Water, when the putrid Blood did ferment, or rather some Mineral Fumes ascended with the Spring in a narrow compass. And such hot Places of small Extent, we find in our Baths, where one only Person can stand to receive the Benefit of it. But the Pool of *Bethesda* was certainly Cold Water, because 'tis called the *Sheep-Pool*, for washing them before the Sacrifice; and therefore had its Virtue from the Blood which putrified in some certain Part of it, or rather from Mineral Fumes, and that cured the Blind, Lame, and Withered, (or Consumptive) which lay in the Hospital called *Bethesda*, expecting the Ebullition, or moving of the Waters, which made them Sanative in an extraordinary manner. By this Instance we may observe how ready all Persons are to admire and use Sanative Waters for the Health of their infirm Bodies: Imputing their Virtue to some God,

God, or esteeming such useful Medicines, as Θεῶν χεῖρες.

I will next from the Sacred History give some Examples to shew, that the Ablution in Cold Water was used by Divine Men, to prepare them for Divine Offices, and to dispose them for new Doctrines. The *Jewish* Priests washed their whole Bodies before they went into the Temple to officiate, an Imitation of which were the Washings and Lustrations of the *Gentiles*.

The *Jews* used a Second sort of Washing of the whole Body, when they received Proselytes into their Temple. The Proselytes born of *Heathenish* Parents, received the *Jewish* Religion, not only by Circumcision, but also with the Ceremony of Ablution of the whole Body, done solemnly in some River, where they sat up to the Neck in the Water, and learnt there some Precepts of the Law. St. *John Baptist* took this Custom from the *Jews*, and he baptized at *Ænon*, in a Confluence of much Waters, all those who repented of their Transgressions of the Moral Law, and believed the sudden coming of the *Messias*. *John*'s Baptism was only a Ceremony to initiate all his Converts into his new Doctrine; and that, like the Priest's Ablutions, had not only a natural Power for the Ablution of Corporeal Impurities, but also it prepared the Mind

Mind for Divine Illuminations and Government, by composing the Heat and irregular Motion of the Spirits, and all Corporeal Impressions of Love, Anger, and all other Excesses, which the natural Temperament produces. Those Spirits are most capable of Judgment, and Wisdom, and Memory, which are strong, lively, but tranquil in their Motion, and it is the certain Effect of the ψυχρολυσία to invigorate the Animal Spirits, and refresh them, to cure that Stupor which all hot Regimen produces in the Mind; and also the Weakness of the Nerves produced by the same.

Cold Baths cause a Sense of Chilness, and that, as well as the Terror and Surprize, very much contracts the Nervous Membrane and Tubes, in which the aerial Spirits are contained, and they being kept tense and compressed, do most easily communicate all External Expressions to the Sensitive Soul; not only the External Senses are more lively in Cold Weather, but all our Animal Actions and Reasoning are then more vigorous by the External Compressure of Cold Air; and the same may at any time be produced by Cold Baths: But when the Air is warm and wet, the Compression on the Body being abated, a Heaviness possesses the Head, and all the Senses are more sleepy and dull. And to prove that the Cure

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of most Infirmities of the Brain may be perform'd by Cold Water, I will transcribe the Words of *Celsus*, *Capiti nil æque prodest atque aqua frigida. Itaque is cui hoc infirmum est, per æstatem, id bene largo canali quotidie debet aliquando subjicere, semper tamen etiam si sine Balneo unctus est, neque totum corpus refrigerare sustinet, caput tamen aqua frigida perfundere debet.* He farther observes the great Benefit of the *frigida Lavatio*, as he calls it, to the Distempers of the Eyes, *Neque vero iis solis quos capitis imbecillitas torquet usus aquæ frigidæ prodest, sed iis etiam quos assidua lippitudines, gravedines, distillationes, tonsillæ male habent hic non tantum caput perfundendum, sed etiam os multa aqua frigida perfundendum.*

'Tis a curious Remark which *Celsus* has made about the Use of Cold Bathing, that it's most useful in wet Weather, when all People are sensible of a Heavineſs and Dulneſs of their Spirits; these are his Words, *Præcipue omnibus quibus hoc auxilium utile est, eo utendum est, ubi gravius cœlum Austri reddiderunt.* I have clearly prov'd Cold Immersion to be useful in all the Infirmities of the Head and Eyes: And I might add, That Deafneſs has been lately cured by the same, in the Cold Bath at *London*. And from the Cure of these Infirmities of the Brain, we may infer, That the Ceremony

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of Ablution of the whole Body, had a good natural Effect on the Body, and prepared the Mind for the Reception of Divine Thoughts and Impressions, by purifying the Animal Spirits, and compressing their irregular Motions. And since all Physicians and Moral Philosophers, teach us to rectify the natural Infirmities of the Mind by a suitable Diet and Exercise, I hope you will not think this Reflexion extravagant, that I say, All Divine Persons have used the Immersion into Cold Water upon the same Account, and that the Christian Institution has only improved that Ceremony, by the annexing great Benefits to the Performance of it, *viz.* The Admission into the Church, the Remission of Original Sin, and the Reception of the Holy Ghost, who by a Supernatural Power purifies and enlightens the Mind in a greater measure than the Power of the best natural Means we have can effect, which only alters the Temperament, introduced by the Original Sin of our first Parents. *Hippocrates* imputes all Wisdom and Folly to our Natural Temperaments, which we may make better or worse as to Wisdom or Folly, according to our good or bad Regimen; for when the natural Heat, or *globuli sanguinei* prevail too much above the natural Degree of Serum in our Humours, the Soul becomes too quick,

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precipitate, inconstant, and furious. And he teaches us for that, this Regimen, To increase the Serum by moistening Diet, to use only gentle Exercise after Eating, and to avoid all Excess of hot Diet, which makes them furious; to eat rather Herbs and Fish, and to drink nothing but Water; to use moderate Exercise in the Morning, by walking to discuss hot Humours; and he commends a Tepid Bath. But that a Cold Immersion also has a general good Effect in all the Infirmities of the Brain, I have fully proved by the Quotations from *Celsus*; and because Cold Baths stop the Circulation of Hot Blood to the Brain, they may therefore give a greater clearness to its Faculties. The Effect of all violent Passions which disturb the Judgment, is to carry a great Quantity of Blood to the Brain; and by a violent Circulation the Spirits are furiously agitated, which is very prejudicial both to Wisdom and Prudence. I have therefore believed, that Cold Bathing is a necessary Regimen for the obtaining of both, and not only a pure Ceremony for the Initiation of Proselytes.

I will next consider the Usefulness of Immersion in the contrary Temperaments, where the natural Heat or Spirits are but few, and the Serum does too much abound, such Temperaments make us Dull, Stupid, Foolish,

Fooliſh, and Slow in all our Actions and Senſes; for where the Circulation of Humours is ſlow, there the Animal Spirits act heavily. And for theſe Tempers, *Hippocrates* preſcribes this Regimen: To uſe a drying Diet, and to Eat little; they muſt uſe violent Exerciſe, and Purges of *Hellebor*, and Vomits and Hot Stoves; and by theſe Methods they will attain great Health both in Body and Mind, and thereby become more Brisk, Wiſe, and Prudent. That Cold Immerſion produces a Drineſs in over-moiſt Conſtitutions, is evident by the Evacuations it makes by Urine, Stools, and Sweats; and by a moderate degree of it, it produces a Heat and Ebullition in the Humours which may be uſeful to cold Temperaments; but in Hot Tempers we uſe a greater degree of Cold Immerſion, to ſtupify and congeal the over-rarified Humors, as a ſlight continuance in Hot Baths rarifies and heats our Blood; but a longer Uſe cools by Evacuations of Sweat. And ſo it is in Cold Bathing, we may uſe it in different degrees, and thereby produce contrary Effects; a little Cold heats, but an exceſſive ſtarves us. Moſt Paſſions are attended with a diſorderly Motion of the Spirits and Blood, which the Cold Immerſion checks, or alters their Motions; for in Cold Baths the Pulſe is ſmall, ſlow

and

and rare, and the Spirits ſuffer a ſhivering or tremulous Motion, and a Fright or Surprize, which certainly diſtracts any impreſſed Motion from the Body in its natural Paſſions, as well as the voluntary Paſſions depending on cogitation. That the Cold Immerſion ſtirs up the Lethargick, we may obſerve by its Effects on a Drunken Man, who by a ſudden Immerſion into Cold Water, does preſently become Sober, and makes great quantity of Water. We ſprinkle Cold Water upon fainting Perſons, which excites their Spirits to return into the Senſes; but a great Terror and Surprize happens upon an Immerſion, and that excites the drouſy Spirits to contract all their Tubes and Membranous Veſſels, by which all Senſation is made more lively, and all Actions of the Body more ſtrong, and the ſtupid Mind is powerfully excited.

If we reflect on the vicious Regimen of Men of this Age, who addict themſelves to too much Tobacco, Strong Ale, or Wines, or Strong Waters; to Salt, and high Sauces, and Gravies; to a conſtant Diet of Raw-roaſted Fleſh-meat, fermented Bread, and fermented Liquors, (without any ſuch Intermiſſion as the Church adviſes in Lent and Faſting-days) we may truly diſcern the Occaſion, or firſt Original of the Diſeaſes moſt frequent among us, which depend on

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a Blood too much heated, salt or inspissated, or the Spirits over rarified: Such is the Rheumatism, Gout, Stone, Consumptions, Convulsions, Scurvy, Apoplexy, Deliria, Melancholies, Hypochondriacism, Cancers.

If we also consider the vicious Diet or Regimen of Women, who are taught to Drink not only Strong Wines and Hot Liquors, but all sorts of sugared and spiced Liquors, Chocolate, Coffee, Tea, from their Youth; they are oft used to Strong Broths, High Sauces and Pickles, Oysters, Anchovies, Herrings, Mushrooms, Strong Pottages, and Meat full of Raw Blood; these Errors in Diet produce all the Female Fluxes, Scurfs, Leprosies, Consumptions, Hysterick Disorders, Cancers, Decay of Appetite, and speedy Old Age. What Children are produced from Persons, who have thus by an ill management corrupted their Blood and Spirits, must certainly inherit the Diseases of their Parents, and after, if bred up in the vicious way of Living, they will still increase the Propagation of the same Diseases, which are very much heightned in their Virulency by the continuance of the same ill Regimen for Two or Three Generations. 'Tis certain that nervous Diseases are of all most Hereditary. And I have heard some complain, That Fits of the Mother, Hypochondriacism,

Convulsions and Apoplexies, are now more frequent than in former Ages; and these cannot be imputed to any thing more than the ill Regimen in Hot Diet, want of Exercise, and the vehement Passions of the Female Sex, as well as the Effeminacy of the Virile. That these Diseases may be much prevented by the Trine Immersion, will be made very probable, since they may be much relieved, palliated, or cured by Cold Bathing. I will first describe the general Benefits of it which Infants have hereby, who are Born of Parents that have injured their own Healths by a Hot Regimen. Such Infants, like their Parents, have a soft flaccid Flesh, and porous Skin: The Cold Immersion hardens their Flesh, and contracts the Skin, and makes it insensible of all the Changes of Weather. Such Infants have weak Limbs, and a Stupidity of their Minds: The Cold Immersion will strengthen the Limbs and clear the Head, and excite the sensitive Soul to act more vigorously. No Distemper is more frequent in Infants than the Rickets; and since 'tis certainly known that Cold Bathing will cure them, as I shall hereafter prove, we may clearly infer from thence, that the Immersion in Baptism would probably prevent that Distemper, which seizes Infants from the Ninth Month to a Year and

and a half. Since the Rickets is esteemed a new Disease, I thought fit to consider its Original in our Country, and I find that this Distemper is reputed to have commenced near the Time when the trine Immersion began to be disused in our Church. We have this Account of the Origin of the Rickets in Dr. *Glisson*'s Book concerning them. The Rickets were first known in the *West* of *England*, in the Countries of *Dorset* and *Somerset*, about thirty Years before the Writing of his Book, and the Second Edition of it was printed 1650. but the first some time before.

The Rickets therefore appeared first about the Year 1620. and afterwards travelled into all Parts of the Kingdom, and it was more rare in the *Northern* Countries, where they commonly cured it by Bathing in St. *Mungo*'s Well.

I have proved the continuance of the Immersion, 'till after Queen *Elizabeth*'s Days; therefore by the Disuse of it 1603. the rise of the Rickets was much promoted; For since Cold Baths are the best Cure, the Immersion would have been the best Prefervative against them. Therefore whatever might be the first Cause of the Rickets, whether the neighbouring hot Baths, or an Excess of the Use of them by its Borderers, or any Intemperance in Diet, I may

certainly conclude, that the Diſuſe of the Trine Immerſion very much helped its ſpreading all over the Kingdom of *England.*

I will proceed farther to give the Effects of Immerſion in other Diſeaſes, to which Infants are ſubject.

Infants are ſubject to the Stone, and much fabulous Matter is ſettled in their Urinary Paſſages during their Stay in the Womb; for which Reaſon, Children are oft Born with the Stone. 'Tis certainly known that by Immerſion into the Water the Suppreſſion of Urine may be cured; therefore the Trine Immerſion does very much cleanſe the Urinary Paſſages by occaſioning great Quantities of Water.

Children are much troubled with Gripes if much bound, but the Cold Immerſion cauſes the purging off the Black *fæces*, which cauſe the Gripes in Infants.

Children are ſubject to Pimples and Scabs in the Skin, Inflammations and Excoriations of it; the Immerſion not only clears the Skin by Ablution of the ſame from the Salt Humour in which it ſwam in the Womb; but that alſo produces Sweat, and tranſpires the Acid Salt Serum, which corrodes and inflames the Skin.

The New-born Children are ſubject to Inflammations of the Mouth, Navel, and of

of the Ears; Coughs, Vomits, want of Sleep, Frights, and Convulsions, &c. Most of these Diseases depend on a sharp Serum, which being evacuated by Urine, Stool, Sweats, which are occasion'd by their Immersion into cold Water; those Diseases will also be prevented by the same: Which also contracts the nervous *Fibrillæ*, and thereby strengthens all Parts against any Defluxion of Humours.

I have mentioned the Childrens Diseases which the Baptismal Immersion will prevent, and I think it probable that it may rectify the *mala stamina* of the solid Parts, and the ill Effervescency of the Fluids, by which hereditary Diseases will in time appear. The Immersion contracts all the solid Parts, and therefore strengthens not only the Limbs, but the Glandules; of which nature, the Liver, Spleen, Kidneys, and Brain are, who all receive a better Tone thereby; all the hot Blood and Spirits, and their Vessels are compressed, and the Child becomes hardy, brisk, and active; all which may very much prevent the growth of Hereditary Diseases; such are the Gout, Stone, Asthma, Convulsions, Melancholies, and other *Deliria*, Palsies, Apoplexies, Blindness, Deafness, Consumptions, Rheumatick-pains, and King's Evil. And since Cold Baths are great helps in curing of these

Diſeaſes, the Trine Immerſion may conduce very much to prevent the ſame.

I hope you will pardon me, my Reverend Patrons, for intermixing Phyſical and Spiritual Things. I have made the Immerſion almoſt an Univerſal Remedy for our infirm Bodies, as well as a miraculous Purifier and Cleanſer of the Soul by its ſupernatural Virtue.

The frequent Conſideration of this Subject hath afforded me theſe following Reflexions, That all Divine Inſtitutions have ſuch large and diffuſive Virtue, as to remedy the Diſorders both of Body and Mind; ſo the Obſervation of Faſting-days in the Church, preſerves the Health of the Body, and prepares the Mind for Divine Meditations. Our Saviour firſt cured the Diſeaſes of our Bodies, that thereby he might convince the Infidel *Jews* of his being the *Meſſias*, and thereby ſave their Souls.

The Second Reflexion I made, was, That the Church of *England* continued the Uſe of Immerſion longer than any other Chriſtian Church in the *Weſtern* Parts of the World; for the *Eaſtern* Churches yet uſe it; and our Church ſtill recommends the Dipping of Infants in her *Rubrick*; to which I believe the *Engliſh* will at laſt return, when Phyſick has given them a clear Proof by divers

divers Experiments, that Cold Baths are both safe and useful.

The last Reflexion I made, was, That they did great Injury to their own Children, and all Posterity, who first introduced the Alteration of this truly Ancient Ceremony of Immersion, and were the occasion of a degenerate, sickly, tender Race, ever since. But this disuse is no way imputable to the Church, but to the perverse Humour and Prejudice of the People, who would rather have no Baptism, than not have it according to the new Mode of the last Century.

Before I conclude, I ought gratefully to acknowledge the Use of some of your Books, I borrowed, relating to this Subject, as well as the kind Incouragement and Assistance in the building of my Cold Bath. All the Respects I can return, is to chuse you Patrons for this Essay, concerning the old Ceremony of Immersion; and I thought none so fit as the Governours of our Church, who by their Eminent Piety and Learning are the great Ornaments of it. I beg your Acceptance of this small Present I make you, and desire it may be a Testimony of my great Esteem for the Primitive Constitution of the *English* Church. And that I might hereby express my Design of doing good, both to the Bodies and Souls

of Mankind: I have exceeded, I know, the Bounds of my Profeſſion, and if I have any way deſerved your Cenſure in treating of theſe Eccleſiaſtical Affairs, I beg all your Pardons for my Miſtakes and Errors, which I hope you will freely grant to me, who am,

My moſt Reverend Patrons,

Your moſt Obliged

and Humble Servant,

LITCHFIELD,
Dec. 15. 1700.

JOHN FLOYER.



LET.

LETTER IV.

Concerning ſome remarkable Cures done formerly, or lately performed by Cold Bathing.

Qui caput & ſtomachum ſupponere fontibus audent
Cluſinis, Gabioſque petunt & frigida rura.

Horat. Epiſt. xv. ad Valam.

To all thoſe Worthy and Obliging Gentlemen, who have contributed towards the Erecting the Cold Bath at Litchfield.

PHyſicians oft find it a difficult Task to conquer the Averſions of Nice Patients, and to perſuade them to uſe thoſe Medicines to which they have not been accuſtomed, until they have firſt convinced them, that their Medecines are both ſafe and neceſſary. I expect to find the ſame Averſion to Cold Bathing. I will therefore take

take the same Method to convince you, my Honoured Benefactors and Country-men, that Cold Baths are both safe and useful. None will deny that that Method of Physick is safe, which has been long tried by the Ancient Physicians; and again, lately tried and well experimented by the Modern Doctors: And all will then admit, that Cold Baths are useful, when I have proved, that they are necessary, both for the Preservation of our Healths, and for the curing many considerable Diseases.

The Antiquity of Cold Baths is fully proved by what I have observed from *Hippocrates*'s Writings, and from thence I infer, That Cold Baths are as Ancient as the Hot Baths. And when I have hereafter given *Galen*'s Directions for the same, it will appear, that Cold Baths lasted longer than the *Grecian* Monarchy, and that the *Grecians* had that Practice from the *Scythians*, and *Ægyptians*, as well as all other Parts of Physick, which they improved, and communicated to the *Romans*. And that they commonly used the Cold Immersion, appears sufficiently by the Testimony of *Celsus* and *Horace*; and the Cure of *Augustus*, related by *Suetonius*; and by what *Seneca*, writes of his own Practice. And *Pliny* largely describes the Cold Bathing in his Time. *Cælius Aurelianus* gives us the

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Practice of *Soranus*, who in many Distempers, as the Asthma, &c. prescribes the *Pseuchroleusia*, and he lived about *Trajan*'s time. But *Galen* many Years after, and he practised at *Rome*, as well as among the *Grecians*, who also was well versed in the Art of Cold Bathing, and prescribed many Cautions about it. After him *Ægineta*. *Ætius* quoted what he wrote, and prescribed Cold Baths for the preserving of Health, and the curing of many Diseases. To all these I must add what we have by an uninterrupted Practice used, both at *Holywell*, St. *Mungo*'s, *Willowbridge*, *Roothen-well*, and many other Cold Springs in *England*. If we had not these Practices from the *Romans*, we may be supposed to have learnt them by our own Country Experience; for Nature seems to have taught all Nations the Use of Cold Water, where the Art of Physick has never been yet known; as in *Tartary*, *Muscovy*, and among the *Indians*; so that we may esteem the Use of Cold, as well as hot Baths, to be from the Dictates of our Natural Reason and Senses, whereby we are taught to heat our selves by Fire, and cool our overheated Bodies by Water. Cold Baths were older than *Hippocrates*'s Art, not the Product of any Hypotheses, but established by the Experience of all Mankind in the colder Climates.

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The Author of *The Embassy from* Muscovy *to* China, gives us an Account how the *Tounguefes*, a *Tartarian* People, harden themselves against extream Cold of their Air; as soon as their Children are Born, they in the Summer-time put them into Water, and in the Winter lay them in Snow to harden their Skins. Sir *John Chardin* mentions a kind of Washing the *Mengrelians* use to their Children in their Cellars; and that the *Romish* Priests only drop three Drops of Water on their Forehead, which with a mental Form of Baptism, they think sufficient to make the *Tartars* good Christians. Mr. *Locke* tells us, That the *Jews* in *Germany* and *Poland*, where the Air is as Cold as in *England*, Bathe themselves, both Men and Women, in the Winter, as well as Summer, without any prejudice. And the *Germans* of old, and the *Irish* at present, Bathe their Children in Cold Water; And that in the *Highlands* of *Scotland*, the Women Bathe their Children in Winter: By these Instances it appears, that the *Northern* People have found Cold Baths very useful to their Bodies.

I might urge the Practice of the Primitive Church in the Immersion of all Persons baptized; but that matter being sufficiently proved to have lasted 1600 Years, is a convincing Argument for the safe Use

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of Cold Baths, as well as for their Antiquity. I will only add some Modern Practices of that Nature, to shew how closely some Nations yet retain that Ancient Custom.

Sir *Paul Ricaut* gives us an Account of the present Baptism in the *Grecian* Church, (which extends itself into *Muscovy*, and *Georgia* Northwards, and into *Anatolia*, *Thrace*, &c. In short, most of the *Eastern* Christians follow the Practices of that Church) and he tells us, That Church holds Dipping or Plunging into Water as necessary to the Form of Baptism, as Water to the Matter; for the Proof whereof he says, They quote the 50th Canon, called *Apostolical*; and the 42d Chapter of *the Apostles Constitution*; and that the Trine Immersion was used as a Test against the Hereticks, who deny the Trinity. And Dr. *Smith* describes their Font or Laver one Foot and a half deep; and he tells us, That they Dip the Child at the mentioning of each Person in the Trinity. And he assures us, That they rigidly retain the Trine Immersion according to the Custom and Practice of the first Ages; but that they vary from it on some Occasions, and pour Water on the Child's Face three times.

I am informed, That some of the *Welsh* yet Baptize by Dipping, and that their Nurses

Nurſes ordinarily waſh their Children in Cold Water every Day from their Birth, 'till they are three Quarters of a Year old; by which Method they preſerve them from the Rickets.

Mr. *Berewood* informs us, That the *Habaſſians* Baptize themſelves every Year on the Day of the *Epiphany* in their Lakes and Ponds, which they practiſe as a Memorial of Chriſt's Baptiſm on that Day in *Jordan*. And he adds, That the *Muſcovites* do the like on the ſame Day, in Memory of our Saviour's Baptiſm. And by theſe two Inſtances we may obſerve, That the Chriſtians in *Maſcovy* and *Æthiopia*, agree in the Immerſion in Baptiſm, as well as their Memorial of it, tho' their Climates are very differing; the one being extream North and Cold, and the other very Hot.

Vaunſter, in his *Preſent State of* Ægypt, gives an Account of the *Copties* practiſing the ſame Ceremony on the 16th of *January*, when they celebrate the Feaſt of the *Epiphany*, when after the Prayers at Night they dip themſelves in a Pond or Baſon of Water, which is near the Church in a Chamber, three Perches ſquare, but as deep as any Man is high, and after the Men have done, the Women dip themſelves.

Dr.

Dr. *Giles Fletcher* gives an Account of the *Ruſſians* Baptiſm, That the Prieſt ſtandeth ready in the Church-Porch with a Tub of Water by him; and after certain Prayers, he plungeth the Child thrice over Head and Ears; for this they hold to be a Point neceſſary, that no Part of the Child be undipped in the Water. If the Child be Sick or Weak, eſpecially in the Winter-time, they uſe to make the Water lukewarm: *See* Purchas *Pilgrims*. He further tells us, That on the Twelfth Day, the River at *Moſco* is made Holy; and after the Women dip in it their Children over Head and Ears, and both Men and Women leap into it; ſome Naked, and others with their Cloaths on; and this Water they give to their Sick to Drink. They uſe Bath-Stoves to Cure their Diſeaſes oft in a Week, and when they come out of them ſweating, they leap into the River Naked, or elſe pour Cold Water all over their Bodies, and that in the Coldeſt Time in the Winter. *See* Purchas.

I think it neceſſary here to Anſwer an Objection, which thoſe of this Age may make, *viz.* That if this was an Ancient and Safe Practice, how came it to be ſo totally forgot and neglected till now? To which I may readily Anſwer, that not only the Practice of Cold Baths, but the

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Uſe of the Hot Ones, were totally ſubverted by the Inundations of many Barbarous Nations into theſe *Weſtern* Parts of *Europe*, who not only deſtroyed all Books, and learned Arts of Phyſick, but rendred the Language in which they were writ, unintelligible; not only Phyſick, but Poetry, Painting, Law, Divinity, were almoſt loſt in the Barbarous Ages ſucceeding the Devaſtation of theſe Barbarians; Ignorance over-ſpread all Places and Arts; and of late Years our Phyſick has been tranſlated from the *Arabians*. And ſince Inquiſitive Men have got the Books and Languages in which they were writ, many of the old Opinions of *Hippocrates* are received, and paſs for new Inventions, becauſe more clearly proved, or farther explained by the Modern Writers. *Hippocrates* aſſerts, that the Subſtance of the Brain was glandulous, which the Moderns have deſcribed more exactly by the Help of their Glaſſes: He believed the Heart to be muſcular, and the new Anatomiſts have now clearly deſcribed the ſeveral Muſcles, and the Fibres. He aſſerted, That the Air was contained in the Animal Humours; which the Moderns have fully demonſtrated by the Air-pump. This ingenious Age has not only revived ſome Opinions, but alſo many old Practices, ſuch are the profuſe Bleedings,

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ad animi deliquium, in great Inflammations, the extream Purges in Dropsies, the Helleborisms in Madness, frequent Cuppings and Scarifyings instead of Bleeding; Burning with *Moxa* instead of that used by *Hippocrates*, by Flax, or Cotton, or Mushrooms. And among these old Practices I must not omit, that this does endeavour to revive Cold Baths; and how far the Cold Waters have proceeded in that Affair, may be collected from my Account of *Hippocrates*'s Opinion concerning them. The Account of Cold Bathing, I shall more particularly consider hereafter.

Since the Methods of Cold Bathing were well known to the Ancient Physicians, all I pretend to in this Essay, is to recommend what they have done, and to take off any prejudice which the Moderns entertain against that Practice. And for Methodsake, I will divide the Cold Baths into these Three Kinds, and discourse of each.

1. *The Water of Rivers which is insolated or tepid by the Heat of the Sun.*

2. *Common Water moderately Cold, with which we wash either the whole Body, or the several Parts of it.*

3. *Extream Cold Springs impregnated with some Cold Mineral, such as the Stypticity in Well-waters some Particles of Lead, or*

else Water, in which the Air is extreamly condensed; all which are very Cold to the Touch.

1. The Benefit of Bathing in Rivers is very great, and this is chiefly practised by young Men and Boys. All Creatures besides Men, being disturbed by the Summer's Heat, go into Rivers and Ponds to cool them. *Mercurialis* bathed himself in the River *Arnus* at *Pisa*, and thereby cured himself of the Stone in the Kidneys; and he advises the *Nephritick* to place their Backs against the Stream of the River. And he gives this Advice concerning this sort of Bathing, where the Blood is hot, and the Kidneys burn, and any trouble happens in making Water, where the Skin is dry, or deformed by Scurf, Itch, Pustules, to use frequent Bathing in Rivers.

It was accounted an opprobrious Thing among the *Romans*, *nec natare nec literas scire*: And our Saviour sent the Blind Man to wash in the Pool of *Shilo*, which was a Common Bathing-place.

The general Effects which Experience assures us that it produces, are to cool in the *Dog-days*, to cleanse and moisten the Skin; it cures Thirst, causes Sleep, produces much Urine, prevents Fevers, and feeds thin Bodies, and creates them an Appetite, and helps their Digestion; but it's necessary to observe

observe these Cautions to prevent the Injuries which may happen by it.

1. *Not to Bathe in Rivers immediately after Eating, nor after Drinking strong Liquors, nor after great Exercise.*

2. *Not to stay in too long, not above an Hour, or so long as to be over-chilled by it.*

2. I shall next discourse of Common Water, and its Use in Bathing or Washing the several Parts of the Body; and this is like the Perfusions used of Old to the whole, or some part.

Celsus advises the washing of the Head with Cold Water, to prevent Rheums, Pains of that Part, and of the Eyes. I find this Practice still continued among many wise Men; they Shave their Heads every Week, and wash it every Morning with Cold Water, which hardens the Skin, and cools the Brain, whereby the Flux of too much Blood into it is prevented, and that coldness of the Head renders it fitter for all Rational Thoughts, and the Animal Spirits being compressed, are more lively, springy, and fitter for Motion. Every Parent wishes his Child may be bred up to a great Degree of Hardiness. The best Methods to attain that, is the Immersion at first into Cold Water in Baptism; and afterwards to use the

Method of Washing their Children in Cold Water every Morning and Night, 'till their Children are three Quarters old; for by this the *Welsh* Women use to prevent the Rickets in their Children; and 'tis a common saying among their Nurses, *That no Child has the Rickets, unless he has a dirty Slut for his Nurse.*

This Method is used in this Country, by an Honourable Family, of Washing their Children all over, but they use Milk and Water cold.

It was the Custom for the *Jews* (for which see *Ezekiel*, Chap. xvi. ver. 4.) and of all *Asia* besides, to wash the New-born Children in Salt and Water, to make the Skin hard and dense; for which end *Galen* advises to sprinkle Salt all over the Infant. See his Book for *Preservation of Health.*

Mr. *Locke* in his Ingenious Book of Education, advises us to wash the young Pupil's Feet in Cold Water every Day, to render him able to bear the Injuries of wet Weather better. He advises us to begin in the Spring with lukewarm Water, and so colder and colder every time, and to continue this Winter and Summer: And for the encouraging this Method, he tells us, That he knew this used every Night in the Winter, tho' the Ice covered the Water, yet the Child bathed his Hands and Feet in it; and when he began this Custom he was very

puling

puling and tender. This Bathing of the Feet may be as ſafely done, as the Waſhing of the Face and Hands every Day: Nothing makes any Difference betwixt them, but Cuſtom; and if Changes be made by inſenſible Degrees, we may bring our Feet and Head to bear the ſame Lotions, as the Face and Hands, without either Pain or Danger.

He that conſiders the Nature of Perſpiration will believe the Morning the moſt convenient time for theſe Affuſions of Cold Water, for then the Perſpiration of the Body is fully finiſh'd, and the Body is become empty of all hot Particles, produced by the Fermentation of the Chyle and the Efferveſcencies of the Blood.

The way to prepare our Body for Cold Baths, if very tender, is to waſh it all over in warm Water firſt about the Spring-time in *May*, and ſo every Morning uſe cooler, 'till it can bear the Senſe of very Cold Water: But I have known many tender Perſons to have uſed the Coldeſt Baths immediately without any Danger; but they ought not to ſtay in them at firſt trial, but only to immerſe, and immediately get out again.

I will next deſcribe ſome particular Uſes of Cold Water, and after give thoſe Methods which are preſcribed to preſerve our Health by Cold Baths.

The Use of common Cold Water is well known to the Farriers, who have a Method of curing founder'd Horses by it thus:

Take a founder'd Horse within Forty four Hours after his being founder'd, ride him 'till he Foam and Sweat much, then ride him into the Water to the Saddle Skirts, keep him there for an Hour, then gallop him to the Stable, tye him to the Rack, and let him not Eat for Four Hours, Dress him, Litter him, and put Blankets on him to Sweat, and Cool him by Degrees.

I have also been informed, That the way of Sweating by Cold Water, is sometimes practised by our Country Gentlemen, who love Horse-Races, to abate the Weight of the Rider by Sweating. Dip the Rider's Shirt in Cold Water; and after it is put on very Wet, lay the Person in warm Blankets to Sweat him violently, and he will after lose a considerable Weight, a Pound or two.

I have met with this Method to stop Bleeding, and to prevent Fevers upon Wounds: Put the Limb hurt into a Pail of Water, and hold it there 'till the Blood be stopt, and the Part return to its natural Colour, cover the Wound with the Skin of an Egg, and lay it up in a Cloth for nine Days; and if a Fever happen, put the same Part into the Water again. It has been a tried Experiment for Women to put their Feet

into

into Cold Water in their Hemorthagies from the Womb; and to bathe the *Anus* with Cold Water prevents the Piles.

Mr. *Lock* commends the washing of the Feet in Cold Water for the preventing of Corns.

I have mention'd these partial *Lotions*, to shew the Safety and general Usefulness of Cold Baths to particular Parts. I shall next transcribe what Methods and Directions *Galen* has prescrib'd for the Preservation of our Healths by Cold Baths. He says, They are proper for Persons in perfect Health, to thicken the Skin, and make it insensible of Cold Air; 'tis proper for fleshy Persons, for the temperate, and those who use due Exercise; the chief Use of it is in the Summer-time, and we must accustom ourselves to it by degrees. The Benefits the Healthful will receive by it, are the increase of Appetite, the quenching of Thirst, the strengthning of the Digestion, and the rendring the Limbs strong, mūsculous, and lively, and renders the Skin insensible of all the Changes of Weather, and the whole Habit of the Body becomes more compact and fitter for Exercise. On the contrary, he believes Cold Baths injurious to thin Habits, growing Bodies, under Twenty, and very cold Constitutions, to those who live intemperately, and use no Exercise; and they are danger-

ous after Venery, Laſſitude, Crudities, Vomiting, Gripes, Looſneſs, Watching, and to thoſe who are not accuſtomed to them. He gives us theſe Cautions about the Uſe of it, not to uſe it raſhly and ſuddenly, but adviſes to begin the Uſe of it in the beginning of the Summer, that we may get a Cuſtom of it before the Winter; we muſt chuſe a calm Day, and a hot one, and the hotteſt time of the Day, the Perſon to be bathed ought to be in perfect Health, and in his Fourth *Septennium*, and of a lively and chearful Spirit. He orders the Body to be prepared in a temperate *Gymnaſterium* by plentiful and vehement Friction by a coarſe Cloth, and afterwards by rubbing with Oyl as uſually, and exerciſing with equal and quick Motion: He may deſcend into the Cold Bath not by degrees, but all at once by leaping into it; a Horror is produced by going in by degreees, and the Water muſt not be very Hot, nor very Cold, at the firſt time of uſing it, but colder afterwards. We may ſtay in Cold Baths what time we can conveniently bear them: and in a leſs Cold Water, if we ſtay long enough, we may have the ſame Effect produced as is by a very Cold Water, wherein we ſtay a leſs time. When any one comes out of the Water, he ought to be rubbed with Oyl, and that by many 'till the

the Skin is warm; afterwards let him Eat more then usually, and Drink according to his Custom; these things must be practised for three or four Days, and afterwards he may at the same time go in after Friction a second time, or stay in much longer. He observes, that we have staid in too long when the Body is very pale, and it is not soon heated again by Friction, and does not recover its natural Colour and Heat thereby: but we have staid in moderately, when the contrary happens. *See* Galen *in his Third Book of the Preservation of Health.* This Quotation sufficiently proves *Galen*'s Opinion of the Usefulness of Cold Baths, which I shall farther confirm by the following Reflexions.

Since our frequent Epidemical Fevers depend on the Changes of our Air, the frequent Rains and excessive Colds, we cannot invent any likelier Method to prevent such Diseases, than by Cold Baths, which so harden the Skin, that it becomes insensible upon the great Changes of the Air; the Stomach is very much strengthned and increased, by which the breeding of any Cacochymia's is prevented, the Spirits, over-rarified and tumultuous in their Motions, are compressed, cooled, and made fitter for rational Operations; the Muscles are made more strong, compact,

and

and vigorous, in all the Exercises we use, whereby Health is very much preserved. To all these Advantages of Cold Baths, I may add, That the Coldness of the Water contracts the Nervous Fibres, and thereby strengthens their Motion, and hinders their Laxity and Evacuations of Humours, which would prejudice our Health; they also promote Urine and Perspiration, as *Sanctorius* affirms, and the Menses. If Cold Baths had no other Effects than helping our Digestion, and making the Body more vigorous in its Exercise, that would be sufficient to prove their usefulness for the preservation of our Healths: but their Effects are more considerable in strengthening the Tone of the Solid Parts, and preserving the Crasis and Motion of the Fluids; and its Effects reach the very Soul of the Animal, rendring it more lively and brisk in all its Operations; and we preserve thereby that *Divinæ particulam auræ* in its full Lustre, as our Noctiluca's are kept in Water. Life consists in the Union of the Soul with the Animal Spirits, which are longest preserved by a Cold Regimen, but soon dissipated by a Hot, or else made too Elastick, Windy, and Irregular in their Motions, by too much Heat and Rarifications; and this Error of the Spirits is best corrected by Cold Bathing.

And

And since by the ensuing Discourse it will be evident, that Cold Baths will cure considerable Diseases, I may thence infer, that the Use of them will prevent all those it can Cure: And thereby confirm my Assertion, that Cold Baths are necessary for the Preservation of our Healths.

I might farther intimate, that the Cold Bath must have a great Effect on the Heart as well as all the other Muscles, and that it strengthens the Fibres, and invigorates its Motion, by compressing the Animal Spirits which agitate its Muscular Fibres, by causing a greater Tension and Contraction of the Fibres themselves, and by exciting the Motion of the Heart, when the Humour makes an Effervescence after their Compression by Cold Water: for tho' during the Immersion into it, the Pulse stops, and the Motion of the Heart is slower; yet, after that, for some time that Muscle works faster, and evacuates by Sweat, and Urine, and the Menses, and the whole Body sensibly hotter. And if the Muscles of the Heart become stronger by Cold Baths, then the Sanguification of the Chyle, and the Secretion of the old *Fæces* of the Blood, *viz.* the Choler, *Bilis arta*, the Slime, Salt Serum, and the Aerial Gas, are better performed, on which our Health very much depends. But I will use no more

more Arguments, but only subjoin a Letter concerning the Use of Cold Bathing practised by Sir *H. C.* for the Preservation of his Health; and this was writ by a Person on whose Credit I can depend.

March 4. 170$\frac{1}{2}$.

Most honoured Sir,

According to your Desire, I here furnish you with the best Account I can of Sir H. C. *in the County of* W ——— r, *as remarkable an Instance as any upon the Subject you are treating on, I mean the Advantage of Cold Baths.* ——*I remember I have heard the Account of his Method, and the Advantages he hath received by it, from himself and others.* —— *He was afflicted with the Gout in a very terrible manner, that in no very long time his Joints were so knotted, that he could scarcely go, or endure any Person to tread in the Room where he was. In short, he was reduced to such a Condition, that it made even Life itself a Burden to him. The Method taken with him was warm things. As I remember,* he said, *his Floor was covered with Bays, and he felt the Air so piercing, that he durst scarce look out of the Window, but it would affect him*—— *When he saw that he grew worse by this Method, he began to use himself to the Air, and to try*

Cold

Cold Water; whether he was adviſed to it or not, I cannot tell, but he quickly apprehended ſome Relief. After ſome time, he got a retired Place, where there was a good Spring that ſtood convenient for him, which he ſo contrived as to go what Depth he pleaſed in the Water.——It quite altered the Habit of his Body, and abated his Pain to that Degree, that often he would ſay, he was abſolutely cured. And thoſe Returns of Pain that he had, were never very violent, as I have heard; it ſecured him from the Injuries of the Air, and Change of Seaſons: ſitting up late never diſordered him: And I have been told, that he ſeldom or never took Cold; it made his Stomach good, and Conſtitution ſtrong; and the main thing that he attributed all this to, was the Effect of the Cold Bath.——He would laugh at thoſe People that thought this a rigorous and unſupportable Method. He affirm'd, It was nothing, a little uſe would make it eaſy and familiar; he never declined it in the Froſt and Snow: One cold Morning in the Chriſtmas, *I well remember, I ſaw him in it. He would be very Copious in the Praiſes of it,* and ſay, *That nothing gave that Vigour to the Spirits, and did ſo fortify the Conſtitution, though People would not be perſuaded to it.——He himſelf, I am ſure, is the moſt convincing Evidence of it, having uſed it, for ought I know, above thirty Years with ſuch a vaſt Suc-*

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ceſs, that may give it the moſt advantageous Character, as one of the cheapeſt and moſt effectual Remedies to conquer the moſt tough and obſtinate Diſtempers. I could have been more large in theſe Particulars, but I thought it beſt to ſet down what you might certainly depend upon.

I am,

SIR,

Your moſt humble Servant,

J. B.

POSTSCRIPT.

SIR H.C. began his Cuſtom of Cold Bathing by Waſhing his Feet in Cold Water in Hot Weather, and afterwards he waſhed all over at all Seaſons; he does not go to Bed after Bathing; he uſually ſtays in the Water as long as he can conveniently bear it.

3. The third and greateſt Degree of Cold Baths, is that of Springs, whoſe Water contains an Air much compreſſed by the coldneſs of its Terreſtrial Receptacles or Caverns. That Water which is frozen is much

much colder, but not so fit for either External or Internal Use.

The Cold Baths of the *Romans* were Springs, into which they leapt, and not covered as some be here; both *Horace* and *Seneca* mention such. 'Tis certain, that a Spring covered by a Building is much colder than the same uncovered; and therefore not so safe; this is evident to them who have tried both the one and the other at *Willowbridge*. All Physical Practices which have least of Art, are usually more agreeable to Nature; for which reason I prefer the open Cold Baths at *Holywell* and *Litchfield*, before the covered Springs: For tho' in these there be less coldness, yet there is sufficient to produce any of the same Effects, if we stay so much the longer in these Baths; and then we incur no Danger by any excessive Coldness, neither are we overchilled by the Damps arising from a covered Spring before we go into the Water.

Of late, Cold Bathing began to revive in *England*, as is well known; and the Ingenious Physicians, whose Experiments have given it a New Birth, and have established its Credit, deserve a great Honour from all of their Profession, as well as their Country. For they have born the Envy and ill-natured Reflexions, which all Practices, which appear new to the Vulgar, occasion.

All

All the Service I can do on this Account to my Profeſſion, is to remove the Prejudice which is entertain'd by the Common People againſt Cold Bathing, by ſhewing,

1. *The Neceſſity of Cold Baths for curing the exceſſive Tenderneſs produced by a Hot Regimen.*

2. *By giving ſome Inſtances of great Cures done by Cold Baths in* England.

3. *I will give a Catalogue of thoſe Diſeaſes, which have been cured, either by the old Writers, or the Modern Phyſicians.*

1. Nature teaches us what Regimen is moſt ſuitable to each Climate; but Luxury and Evil Cuſtom, or Fancy, oft corrupt our Natural Senſes, and introduce ill Habits, whereby our Bodies are greatly diſordered, and made very unhealthful. This Obſervation will appear true, if we reflect on the Practices, both of the Inhabitants of the Hot and Cold Climates.

In Hot Countries, where the Humours, *viz.* Blood and Spirits are over-rarified, the Serum is too much evacuated, the ſolid Parts are over-heated and dried; Nature directs us to uſe a contrary cool Regimen to prevent all theſe Inconveniences, *&c.*

1. *To*

1. *To abſtain from Fleſh-meats, and feed much on Fruits, and to drink Water rather than uſe any fermented Liquors, to eat boiled Meat.*

2. *To cool our Bodies by expoſing them to the Air, and wearing thin Cloaths; to cool our Habitations by larger Windows and Doors; to avoid going into the Air in the hotteſt times of the Day, and to walk only in the Morning and Evening; and to lie cool at Night. To uſe Cold Baths in the Summer.*

3. *Our Natural Reaſon teaches the Hot Countries the Uſe of Hot* Tea's *to promote the Sweats whereby the Body is cooled, and the hot Vapors raiſed by exceſſive hot Air are evaporated: And for the ſame Reaſon all the hot Countries uſe temperate Warm Baths to promote their Sweat, to cleanſe their Skin, and moiſten their dry Bodies.*

Cum Stomachus domini fervet potuque ciboque
Frigidior Geticis petitur decocta pruinis.
Juvenal. Sat. 5.

The Luxury of the Hot Climates conſiſts in uſing all the Methods mentioned to an exceſs; they ſurfeit their Bodies by eating immoderately of Fruits and Herbs, they cool their Fruits, Creams, and Wines to an unhealthful Temper by Ice; they ſtop their Sweats unſeaſonably by cold Air,

by Fanning, Ventiducts, or Cold Bath. For all these Inconveniencies depending on Cold in an excess, in the Hot Countries they use also Brandy Spirits, hot Tea's high Sauces, with Garlick and strong Pottages, whereby they correct the Injuries of Cold Diet, and by their Hot Baths they promote Perspiration necessary in Hot Countries.

That the contrary Errors are committed in cold Countries will appear, by reflecting on their usual Regimen, which inclines them to the Use of hot things in excess.

In Cold Climates, the Humours, *viz.* the Blood and Spirits, are naturally too much condensed and compressed by a heavier Atmosphere, and greater Cold, and the Serum is less evaporated. And in this State of Humours, Nature teaches us to use an attenuating hot Diet of Flesh-meats, acrid Herbs, fermented Liquors, strong Beer, or Wines; we wear more Cloaths, use greater Fires, eat Roast-meats, use more Exercise, closer and lower Habitations; and for our Diseases use Cold and Hot Baths. The great Fear of too much coldness drives into an Excess in the Use of hot things, to an Excess in Flesh-meats, high Sauces, Brandy Spirits, Fermented Liquors, too much Tobacco, Seasoned, Salt, Spiced and Sugared Meats, too much Tea's, Coffee and Chocolate.

2. To

2. To confine our ſelves in our warm Houſes too much, to uſe too many Cloaths, to warm our Beds, to frequent hot Baths, ſoft Beds, hot Periwigs, perfumed Snuff.

All theſe Exceſſes in the Hot Regimen, are chiefly to be helped by a contrary Cold, and which contains theſe Particulars:

1. We muſt uſe a cooler Regimen of moderate warm Diet, Fleſh meats roaſted once in a Day; more moderate vinoſe Liquors, Beer of three or four Strike at Meals, and a thinner Diet at Break-faſt and Supper, and all Liquors cold; they who uſe Water for their ordinary Drink, have their Humours leaſt rarified, and conſequently are leaſt ſubject to the Changes of the Weather. For hot Blood like boiled Water, is ſooneſt froze or chill'd; and after Exerciſe we ſooneſt take Cold. I will on this occaſion mention the Advantages of Water-drinking: The Water-drinkers are temperate in their Actions, Prudent and Ingenious; theylive ſafe from thoſeDiſeaſes which affect the Head; ſuch are Apoplexies, Palſies, Pain, Blindneſs, Deafneſs, Gout, Convulſions, Trembling, Madneſs. The drinking Cold Water cures the fellowing Diſeaſes, the Hickup, *Fætor* of the Mouth, and of the whole Body. It reſiſts Putrefaction, and cools burning Heats and Thirſts; and after Dinner it helps Digeſti-

on; and if the Diſeaſes be very great, two or three Ounces of Water cooled with Ice, is ſometimes given by Phyſicians.

If the Virtues of Cold Water be ſeriouſly conſidered, all Perſons would value it as a great Medicine in the Caſes mentioned, and in preventing the Stone, Gout, Aſthma, and Hyſterick-fits; and to the Uſe of this, Children ought to be bred from their Cradles, becauſe all ſtrong Liquors are injurious to the Conſtitution of Children, whoſe Spirits they inflame, and render them Mad, Fooliſh, Raſh, Tender, and Intemperate in their Paſſions.

2. The Uſe of Cold Air and Riding, or Walking much in it, cools the overheated Blood and Spirits, and renders the Conſtitution more ſtrong; we ought not to warm our Beds conſtantly, nor wear too many Cloaths, which exhauſt the Serum and Spirits; ſhaving the Head, and waſhing it with Water, prevents Defluxions. The old Writers preſcribed an Exerciſe naked. The wearing of Flannels renders the Perſon very tender, and ſubject to the Changes of Weather, and too much Perſpiration; and this Cuſtom can never be changed without ſome great danger. Sitting conſtantly by the Fire, much ſmoaking Tobacco, conſtant uſe of hot Liquors, and hot Baths, make the Body ſubject to greater tenderneſs, and

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conſequently to the Changes of Weather in Cold Countries. Down-beds are alſo very injurious.

3. Cold Baths are the chief Means and moſt effectual in the Cold Regimen; nothing preſerves the Body ſo well from the Injuries of Weather as Cold Bathing, which makes the Skin more denſe and contracted, and conſequently more inſenſible of the Changes of the Air, its cold and moiſture; and we account that Skin the better which is inſenſible and hard, than the lax and thin, which loſes all its Nutriment and Spirits by too much Perſpiration. I have known many endure well the Cold of the Winter after the uſe of Cold Baths, who always found their Bodies more tender after the Uſe of Hot Baths all the Winter following; and the Truth of this will appear by the Cures I ſhall relate of Two tender Perſons; but I will firſt give theſe Remarks.

1. That as Hot Baths cure the Injuries of a Cold Regimen in Hot Countries, ſo Cold Baths cure the diſeaſed Alterations by a Hot Regimen in Cold Countries.

2. The uſefulneſs of Cold Baths was found out in the *Northern* Countries, who generally fortify themſelves againſt Cold Air by the Immerſion of their Bodies into Cold Water; and to prevent the Mortifications

of their Limbs, they rub the Frozen Parts with Snow.

3. That Cold Baths and the Baptismal Ablution, are more improper for Hot Countries than the Cold, because in Hot Countries the Perspiration is very great, and necessary to prevent Fevers; but in Cold Countries it is much less natural, and the ambient Cold Air disposes us not to Fevers so frequently, and Cold Water will produce greater Horrors upon those Bodies which live in Hot Airs, than those who are used to Cold Air. Which Observation fully refutes the common Opinion, that Cold Baths are only proper for Hot Countries, *Ægypt*, *Greece*, *Italy*, where the old Writers tell us it was commonly practised; but we must remember that *Hippocrates* knew *Scythia* as well as *Libya*, and that he might have the Knowledge of Cold Baths from the *Northern*, as well as the Use of the Hoth Baths from the *Southern* Climates. And what he has writ of Baths, is as what he says of his Prognosticks, true, both in *Scythia* and *Æthiopia*. And that he knew *Scythia*, is evident by that Description he gives of the Diseases of the *Scythians*, and of the Climate and People of that Country. Since we find that Cold Baths are not so convenient for the Hot Climates, we must not so much stand upon those nice Cauti-

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ons which the *Greek* Writers have given about them, such as we find in *Galen*. 'Tis certain the *Romans* used Cold Baths with less fear, as we may observe in *Pliny* and *Celsus*; and I question not, but the farther Northward we examine the Use of Cold Baths, we shall find them more frequent, and the most common Practice for hardening their Skin against the excessive Cold of their Air. The *Northern* People use also Hot Baths, but chiefly to cure the Diseases produced by extream Cold.

If it be objected, That Cold Baths, by stopping the Pores, will retain all the Hot Vapours produced by an excessive Hot Regimen, but Hot Baths will more readily discuss them; I may answer, That Cold Baths will produce great Sweats, whereby those Vapours are discussed, and afterwards it compresses the rarified Humours, and contracts the relaxed Membranes, whereby the rarified Humours are restored to their natural Consistence, and the Fibres to the proper Tone. Where any diseased Humours are in any Part stopt in their Circulation, or mixed with the Blood, it seems the most rational Method to Sweat at the first Use of Cold Baths; but where there is no Evacuation of Humours necessary, Sweating is not proper after Cold Bathing, but only gentle Exercise or Friction.

4. The last Remark I shall make, is this, That since the Inconveniencies of an excessive Hot Regimen in a Cold Climate, are produced by a very hot Diet, strong Wines, High Sauces, Tobacco, Brandy, &c. and also by using our selves over tenderly in Cloaths, warm Beds, hot Rooms, &c. we must remove the external Causes of our Tenderness, and use a cool temperate Diet, cool Liquors, cold Air about us, as well as Cold Baths: for no perfect Cure can be expected from Cold Baths, unless we avoid the Occasions of our Diseases; for if we continue any Excess in our hot Regimen, that will again renew those Diseases the Cold Bath has cured. And I generally make this Observation, that where Cold Bathings are necessary for the Cure of a Disease, there drinking of Water is also necessary to prevent a Relapse into the same.

2. I will now give some Instances of the great Cures done by Cold Baths in *England*.

Mrs. *Bates* of *Ashby de la Zouch* in *Leicestershire*, being above Fifty Years old, was esteemed by all her Neighbours Consumptive, because she coughed much, and had Rheumatick-pains near Twenty Years; the Pains made her Lame with a Sciatica, and she had a Numbness and Weakness in her Knee, so that she had little use of her Legs, but sate constantly near

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the Fire, covered with many Cloaths, and was so tender, that she durst not go into the Air abroad; she complained of a Pain in her Back, which she believed to be the Stone; and she had much Pain in her Breast, which she thought Cancerous.

In the Year 1699. in the Summer, she went to *Willowbridge* Cold Bath in *Staffordshire*, which is a very cold Water, and feels smooth and oily, where she bathed constantly once in a Day, and drank many Glasses of that Water every Day, and she continued this Method for a Month. When she was in the Water up to the Neck, the sore Breast pained her very much the first time she went into the Water, but never afterwards; and upon the Second time of going into the Bath, the Pain in the Hip fell into the Foot, and by the continuance of the Bathing it was perfectly cured, and never returned since; so that she now goes well, eats well, wears fewer Cloaths, and is cured of the Stone in her Kidneys, and the Swelling of her Breast, which was I believe a Milk Tumour, tho it had continued in her Breast many Years: She yet continues the drinking of Water ever since. I had this Account from herself; and this great Cure has occasion'd the going of many to *Willowbridge* out of *Leicestershire*; and the whole Country can attest the Truth of this

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Relation. In the same Country I met with a Cure as considerable as the former, done by the Cold Bath at *London*; and in 99. In *June* 1700. I waited on Mrs. *Wats* of *Leicester*, who very kindly entertained me with the Relation of her Disorders, and the manner of her Recovery, which I shall briefly describe thus:

She was troubled with continual Vomitings, and an Hysterick Cholick, with wandering Pains in her Limbs and Head, with Convulsive Motions, and violent Hysterick-Fits, with much Windiness in the Stomach and Belly, with continual Sweatings, loss of Appetite, and an excessive Tenderness, and a consumptive State of Body. Dr. *Hartop* of the same Town, thus describes her Indisposition in his Letter to me: Her Indisposition was a perpetual Chilness of Spirits, with Pains all over; especially in the Teeth, from the least Inclemency of Air, accompanied with Vapours, Faintness, &c. she tried all the usual Methods in vain, such as *Steel*, the *Cortex*, vomiting *Opiates*; and at last she went to *Bath*, and continued there some time drinking the Waters and Bathing; but at last finding no Benefit by any thing, she was advised by Dr. *Baynard* to use the Cold Bath in *London*; About *Michaelmas* 99, she bathed there two and twenty times, within the Space of a Month,

Month; she dipt herself under Water Six or Seven Times every Morning, without staying in the Water any longer than the Time of Immersion, and she came warm from her Bed to the Water; by this Bathing the Skin contracted, and she was never very tender since, nor subject to Colds as before; her Appetite and Strength returned, and she became more Plump than before; all the Sweatings, Windiness, Pains, and Convulsions ceased. And Dr. *Hartop* assured me, That she was well recovered to the Admiration of the Country, to whom both her long Indisposition and wonderful Cure were well known; and from many Hands I have had a sufficient Testimony of the same.

The same Ingenious Physician, Dr. *Hartop*, gave me another Relation of a Patient of his, Mrs. *Smith* of *Weston*, who constantly used to sit by the Fire, and she cloathed her self very warm; she had much Tooth-ach and Rheumatick Pains, and frequent Sweatings; she was much worse by the Use of the Hot Baths; he therefore advis'd her to Cold Bathing, which she began by Bathing her Feet first, and then the rest of her Body; and when she came forth of the Water, she walked about in her Cloaths, 'till she was warm. This Method she continued for a Month's Time,

Time, and was perfectly recovered of her Tenderness.

1. By the first Case we may observe, That the Sciatica or Rheumatick Pains were relieved by Cold Baths; therefore Cold Baths are proper in fizy, viscid Blood, which commonly appears of that kind in our Country People; and no Disorder more common in *England*, than Rheumatisms and Inflammations, which are occasioned by fizy Blood.

2. In the same Case we may observe, That the Inflammation of the Kidneys was corrected by the Cold Bathing, which cools the Reins, and produces much Water; and hereby 'tis proved, that in Salt Cacochymia's, Cold Bathing is useful, which passes the salt Serum by Urine and Sweat.

3. By the first Cure we may observe, That the indurated Glands may be resolved by Cold Baths; by which it may rationally be inferred, That the Secretion through the Glands is promoted by Cold Baths. And what particular Virtue Cold Baths will have in the King's Evil and Scrofulous Glands, whether conglobulate, or conglomerate, or in those of the Mesentery, a farther Experience in Cold Bathing will shew. I have been credibly informed at *Willowbridge*, that a Scirrhous Tumor upon

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the Hypochondria, was cured by the Cold Bathing in that Water.

4. The great Tenderneſs of all the three Women above-mentioned, was cured by the Cold Baths, and their Appetite and Strength reſtored, and the Menſes in one were helped; by which we may obſerve, how much Cold Baths help the Circulation of our Humours. And that I may farther confirm this Notion, I will mention the following Cure of a Varix with an Ulcer, at *Willowbridge*, which I had from Mr. *Hector*, an Eminent Chirurgeon in our Town. The varicous Ulcer was in the Leg, and bled much: but both the Hæmorrhage and Ulcer was cured by the long uſe of *Willowbridge* Bath, though it would not yield to any ordinary Methods. The Blood is congealed and grumous in all Varices, and the Blood-Veſſels relaxed; but by Cold Bathing the Blood was reſtored to its Fluidity, and the Veſſels to their due Tone, and the Ulcer cured by Cold Water; which I thought to be a very conſiderable Cure, and may give us a very fair Hint of trying Cold Baths in the Polypous Concretions of Blood, both in the Blood-Veſſels of the Lungs, and the Obſtructions of the Hypochondria in ſplenetick Perſons, and in Dropſical Patients, who complain of great Pains in the Belly and Sides.

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5. In the second Case we have a Cure of the greatest Hysterick Case that could happen: the Vomitings, Running Pain, the Fits of the Mother, and Convulsions, depended on a windy or fermenting Blood and Spirits. The Constitution of this Lady is very hot, her Spirits lively, her Stature low, and Body thin, and her Hair black; all which are signs of hot Humours. And by this Case we may observe, the Cure of all hot Windiness, which occasions Running pains and Convulsions, is effectually performed by Cold Baths; but I must not omit that she has eat many hundreds of Limons since, spitting out the Pulp, or else she squeezes them into Water; and she uses Wine and Water for her constant Drink; she found great benefit by the use of *Cream of Tartar*, ℥ss or ℥j. in Water-Gruel for the Hysterick Vomiting. I mention these Particulars to shew, That it is requisite to use some cool Alteratives for the windy Cacochymia inwardly, at the same time, and after the Use of Cold Baths.

I sent this Year an Hypochondriacal Patient to a Cold Bath, who complained much of Convulsive Beatings all over his Body; and he informed me, that he found great benefit by it as to that Symptom, which depended on a windy state of Spirits.

I have

I have discourſed with an Aſthmatick Perſon, who has had an habitual Aſthma for many Years, and ſhe informed me, That ſhe went into St. *Winifred*'s Well at *Holywell*, but once, and that her aſthmatick dry Cough went off for ſome time, but at laſt returned again. I mention this here, becauſe Aſthma's depend on windy Inflations, and are of like Nature as the former Caſes. And I find that *Cælius Aurelianus* commends the Pſeuchroluſia in that Diſeaſe: waſhing the Head is certainly uſeful againſt it.

6. I obſerve, that continual Sweats in the third Caſe were ſtopt by the Cold Baths, ſo that by them we both produce or ſtop Sweats. Immediately after Cold Baths the Sweats are produced, if we commit the Patient to a warm Bed; but a longer Uſe of Cold Baths ſtops all Evacuations. I find the old Phyſicians preſcribed Cold Baths to ſtop the *Gonorrhæa ſimplex*; the coldneſs of the Water contracts and ſtrengthens all the Membranous Veſſels, as well as cools the hot Humours. And Dr. *Baynard* gave me an Account of a Perſon cured of a Rupture by the Cold Bath at *London*, which muſt be effected by the contracting of the relaxed *Peritonæum*; and by this Cure we may be directed to try the Virtue of Cold Baths in

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the *Procidentia Uteri & Ani*, and in the Tumours of the Hæmorrhoids.

7. In the first Case I observe, That the Numbness, Weakness, and Stiffness of the Limbs, were cured by Cold Bathing: By which we my apprehend, that Cold Baths restore the Animal Spirits and the Blood to their usual Motion in Paralytick Obstructions, and strengthen the Tone of the Nerves. And as a farther Proof hereof, I will again mention a Letter of Dr. *Baynard*'s to me, in which he assures me, That a Deafness was cured by the Cold Bath at *London*. I have not yet heard, whether Cold Baths have been tried in the *Gutta Serena*, which seems as likely as the curing of a Deafness, and a Loss of Speech, which was done by the same Doctor in a young Boy at *Bath*, as Dr. *Gold* his Father informed me. But I shall fully prove the Effects of Cold Baths in Paralytick Resolutions, by the following Letters, which I receiv'd from a Reverend and Ingenious Divine, Dr. *Nath. Ellison*, in Answer to some Inquiries I sent him, about the Cure of the Rickets in his Children by St. *Mungo*'s Well.

Honoured

Newcastle, Jan. 25th, 170⅔.

Honoured Sir,

I Would have returned a speedier Answer to your Letter, but I was in hopes our Physicians here would have drawn up their Thoughts in Answer to your Inquiries, about the Use and Success of Cold Baths among us. But they being detained by Business, you must be contented at present with my Relation of the Matter, which is what I know to be commonly practised, and the Success of which I have experienc'd in my own Family.

Nothing is more common in this Country, and proves more generally successful for the preventing or curing of Rickets, than to send Children of a Year old and upwards, to St. Bede's, Honwick, *or St.* Mongah's *Wells, (which are extream Cold Springs) and in the Months of* June *and* July, *to dip them in the Evening for a Fortnight or longer, intermitting a Day or two, or more in the whole, if the Child be very Weak.*

Some Dip them Twice or Thrice over Head and Ears *with their Shifts and Night-Caps on, giving them a little Time to breathe between each Immersion. Others Dip them* no farther than the Neck, *(because the Water is apt to stop their Breath) and Dip their Night-Caps thoroughly, and put them Wet upon their Heads.*

Others (where the Well is not Capacious enough) content themſelves to put the Children into a Tub of Water, *gathered from the Spring, and* daſh the Water upon them over Head and Ears. *All which Immerſions are to be diſpatch'd as quickly as may be, that ſo the Child may not continue any longer in the Water than is neceſſary, that is, 'till his Body, and Shift, and Night-Cap be thoroughly Wet. Others out of Tenderneſs to the Child, or in Regard to the Child's Weakneſs, content themſelves with* Dipping only the Shirt and Night-Cap in Water, *and put them on Wet upon him.*

As ſoon as the Children are dipped, they, with their wet Cloaths on, are wrapt up in warm Blankets over their Head and whole Body, and put immediately to Bed, which inſtantly puts them into a violent Sweat. In this Condition they lie all Night, 'till towards Morning the Cloaths are taken off by degrees, that ſo they may cool gradually, and in the Morning they have dry Shirts and Head-Cloaths put on; the ſame Shift and Night-Cap in which they are dipped, are us'd all the Time of their Dipping, and are only dried.

The Children in Three Minutes Time recover themſelves of the Fright which Dipping puts them into; and tho' for the preſent they may be weaker, (having exhauſted their Spirits by violent Sweats) yet they recover their Strength gradatim *by the help of ſtrengthning Gellies of Harts-*

Harts-horn, Calves-Feet, &c. *insomuch, that about the Fall of the Leaf they are either perfectly recovered, or sensibly better. If one Years dipping proves not successful, 'tis repeated the next Year, which generally answers Expectation.*

There's no discernable Alteration, either in their Urine, Stool, or Colour of their Skin, nor any preparative or subsequent Purgatives used, nor any other Cordials given, except a spoonful of Sack immediately before and after Dipping, if Children will take it; nor are they debarr'd their usual Diet or Play: Only care must be taken to keep their Necks warm to secure them from catching Cold.

Sir, *If you will try the same Experiment with You, I doubt not but you will find the like good Effect, if you have Springs so Cold by Nature as some of ours are, or can make them so by Art. I can assure you, That I have had Four Children of my own dipped with very good Success. I never heard that any Children who had only the Rickets, dy'd of Dipping, and few or none but found great benefit by it.*

This Account is not Exact enough to appear in Print, without your very severe Corrections. If you will put it into a more agreeable Dress, I will Answer for the Truth of the Relation; who am,

SIR,

Your very Affectionate Friend,
and Humble Servant,

 N. Ellison.

Newcastle, Febr. 4. 170$\frac{4}{5}$.

Honoured Sir,

SInce my last, I received this following Account of St. Mongah's *and* Honwick *Wells, from Dr.* Th. Davison, *lately Fellow of St.* John's *College* Cambridge, *who is lately come to reside among us.*

1st, *The People that resort to these Two Places come to be cur'd of fix'd Pains, whether in the Joints or Muscles, whether with or without Tumour; and for such as come upon long Rheumatisms and Quartans, as well as Strains and Bruises, the Rickets, and all Weakness of the Nerves, whether Universal, or of any particular Member.*

2dly, *They are immersed at all Ages,* viz. *from Six Months old to Eighty Years. Children are Twice or Thrice dipped in, and presently taken out again; and while they are in, the officious Women at the Well are active in rubbing their Backs, or the maimed Parts; but this seems only for Form. Adult People stay in a Quarter, or near Half an Hour.*

3dly, *They use no preparative Physick, nor observe any Diet before nor afterwards, but a Draught of warm Ale or Sack to comfort them after they come out.*

4thly,

4thly, *The distemper'd People go to Bed afterwards, and Sweat for Two Hours or more. But the Healthful that go in for Pleasure, put on their Cloaths, and go to their Business or Diversion.*

5thly, *The Healthful immediately after coming out, find a great Warmth all over, and would probably Sweat as much as the Sick, if they went to Bed upon it. They find themselves after Bathing much more nimble, and their Joints more pliant.*

6thly, *The People use these Two Wells promiscuously for the Distempers above-mentioned, and with equal Success*; tho' Honwick *is a Mineral, and the other is not, which makes me believe, that 'tis to the same Cause,* viz. *their Coldness, and not any other Quality, that the Cures are owing.*

7thly, *St.* Mongah's *has no manner of Sign of a Mineral*; *whereas* Honwick *tinges the Sides of the Well, and being drank, Purges greatly by Stool, but more by Urine, and is of the same Nature with* Astrop. *The Well is so little, that they are forc'd to take it up in Pitchers, 'till they fill a Vessel large enough to Bathe in.*

8thly, *They Bathe every Day, or Twice a Day, for a Fortnight or Month, as their Strength will bear, and as their Distemper requires more or less Bathing.*

Sir, *If in any thing else I can serve you, you may Command,*

Honoured Sir,

Your most humble Servant,

N. Ellison.

The Remarks I shall make on these Two Letters; are,

1. That all Obstructions in the Nerves may be cured by the Cold Baths; therefore not only the Rickets, but all other Species of the Palsy may be cured by the same; Deafness, Blindness, loss of Taste, Smell, loss of Appetite, weakness in Swallowing, *Venus Languida*, Incontinence of Urine and Stool, Hemiplegias, and Distortion of the Mouth by a Palsy, and any particular Weakness in the Motion of any Muscle, as well as loss of Speech.

2. The *Northern* Practice directs us to Sweat after Cold Bathing in all Obstructions of the Nerves, by which the sizy Serum, which obstructs the Nerves, is evacuated, and the Motion of the Spirits is promoted by first compressing them, and giving them an Irritation, when they exert their natural Elasticity.

3. That

3. That if we can cure the Obstructions in the Nerves by Cold Baths, Obstructions in the Blood Vessels are much easier to be relieved, *viz.* Pains, Tumours, Inflammations, Coagulations of Blood after Bruises, and these depending on fizy Serum in greater quantity, require also more Sweating after Cold Bathing.

4. Cold Baths agree with Children, because they are naturally very hot, and subject to Fevers, Pains, Scabs, Swellings, Convulsions, for which also Cold Baths are useful.

5. I will lastly consider in what Diseases we may most conveniently use Cold Baths, and for which they are improper; and subjoin some Remarks, both on the proper Season for them, and some Cautions in the use of them. As Hot Baths agree best with the Cold Constitutions, and Cacochymias, so Cold Baths are most proper for all the Hot Tempers, for Young Persons above Twenty five, for People of a lively Spirit.

1. Cold Baths agtee with the bilious Tempers, and Diseases which depend on the Blood or Animal Spirits over rarified in the hot Scurvy.

2. With the windy Constitutions, as appears by the Benefit the Hypochondriacal and Hysterick receive by them, as well as the Asthmatick and all Nervous Pains.

3. With the Salt Tempers, and Diseases depending on Saltness of Blood, as is proved by the Diseases of the Kidneys, and the Gout, in which Cold Baths have great Effects, in curing the Pains both of the Stone and Gout.

4. The viscid Temper of Humours requires also Cold Baths, as is evident in curing the Rheumatick-pains.

5. The putrid State of Humours requires also Cold Bathing. I once sent a Woman to *Willowbridge*, who had great Benefit by it for her Leprous Scurfs by bathing some Weeks there, and by drinking the Water.

2. *Galen* cured Hecticks, Ephemera's, by Cold Baths; and he prescribes them in putrid Fevers, without any Inflammation of the *Viscera*, in the Height of the Fever, after the Appearance of Concoction in the Urine in young People, and in the Summer-time; and the like good Success happened to a Woman in a Fever at *Aldermas*, who by leaping into a Well, was immediately relieved, and had both her Fever, and Delirium cured by it. *Galen* observes, That the Feverish by going into Cold Water, either Purge or Sweat, by which a Crisis is made, as well as by drinking Water at the same time of the Fever.

The *Hydrophobia* requires Cold Baths, and that has been practised in all Ages for it.

it. *Americus Vesputius* relates the Manner of the *Americans* in curing their Fevers. When it is come to the Height, they Immerse themselves into Cold Water, and after run about a hot Fire 'till they Sweat and Sleep.

3. *Oribasius* lived long after *Galen*, and no Physician ever prescribed Cold Baths with so much Assurance as he at all Seasons. He commends them (by a Quotation out of *Herodotus*, *De aquis sponte nascentibus*) for Defluxions, for Distempers of the Bladder, for Pains of the Head, and malignant Ulcers; and for these Diseases the Patient is advised to stay in the Water but a little at first, *viz.* half an Hour, and so increase to two Hours, if the Pains require it; but we must be more cautious, and stay in the Cold Bath but little at first, and no longer than we can well bear it at any time, 3, 5, 7, or 9 Minutes.

Oribasius quotes what *Galen* has writ, concerning the Preservation of Health by Cold Baths; and many other curious Observations out of *Agathinus*, concerning Cold Baths, which deserve to be known by all; and for that End I have translated *Agathinus*'s Words: *They who desire to pass the short Time of Life in good Health, ought often to use Cold Bathing; for I can scarce express in Words how much Benefit may be had by*

Cold

Cold Baths; *for they who use them, although almost spent with Old Age, have a strong and compact Flesh, and a florid Colour in their Face, and they are very active and strong, and their Appetites and Digestions are vigorous, and their Senses are perfect and exact*; *and, in one Word, they have all their natural Actions well performed.* By these Particulars we discern how much the Cold Baths preserve our Healths, and by the contrary Effects, how much Hot Baths prejudice our Bodies, by making the Flesh loose and flaccid, the Colour ill, the Nerves weak, and they destroy the Appetite.

Agathinus mentions the Custom among the barbarous Nations (by which he means the *Northern* Nations, the *Germans*, *English*, and *Scythians*) that it was their Custom to put their Children every Day into Cold Water; whilst others boiled them in Hot Baths, by which they became subject to Convulsions; (by this Observation we are instructed how to prevent Convulsions by Immersing them in Cold Water at their Baptism, and every Day by washing them all over till they are Three Quarters of a Year old) he advises Cold Baths to all Boys after their Infancy, though *Galen* used it not till the 25th Year.

Galen advises the beginning of Cold Bathing by them who are not used to it, to be

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in Hot Weather; but *Agathinus* says, It may be begun at any Time of the Year without any Danger, as he has observed many to do; and if any Difference be made, he would prefer the Spring. The usual Caution he gives, as well as *Galen* and *Herodotus*, is, To use Cold Baths when the Stomach is empty, and to warm our selves with moderate Exercise before our going into the Cold Water. The best Time for going into the Cold Water, he says, is about Dinner-time, neither sooner or later. He advises to put off the Cloaths in the Sun, where no Winds blow; and if a Rigour seize him, to Cloath again and walk, or else to use Friction with his own Hands, to anoint moderately with Oyl, by which if the Body be warmed, it is sufficiently prepared for a Cold Bath, into which he must descend suddenly.

He advises, That the Cold Water should neither be Froze, nor of a Coldness too remiss, for this does more Injury than the other; and he prefers the use of Sea-Water for the first Cold Baths, which has Coldness enough, and some Warmth from the Saltness. He advises to go in at the same Time Thrice; at first with a little rubbing, after to rub much and anoint, and go in again, and to continue their Swimming longer than at the first Time, and then to

return

return to the Friction and Anointing, and after to go in a Third Time, and if he ſtays but a ſmall Time, to place the Head and Stomach under the Aqueducts, or elſe to have many Veſſels full of Water poured on him, (and this is the καλαχλισμὸς or καλαχυσις, to which *Hippocrates* attributes the ſame Virtue as we find in Cold Baths) and after all moderately to be rubb'd with Oyl, not to relax too much; after to rub the Body with a Strigil, 'till it is moderately red, by which the Body is ſtrengthened and made ſmooth. He obſerves, That though we have eat, we may uſe it upon the account of extream Heats and Burning; and that he himſelf in extream Heats, did uſe Cold Baths after Supper to procure Sleep, by which he procured a pleaſant Night's Reſt. He adviſes us to ſtop the Ears, which Parts ſuffer Injury by Cold Baths, which *Agathinus* wonders at, ſince Cold Baths are more uſeful than any other Regimen for preſervation of our Health.

I have here mentioned moſt of the Cautions preſcribed by the Ancients; the reſt I will quote from *Galen*, who prepared the Patient for Cold Baths, by putting them into the Hot firſt; on the *North* ſide of their Baths the *Romans* had their *Piſcina*, which were called by the *Greeks*, κολυμβήθρας, and ſometimes βαπτιςήρια, and theſe received

ved Cold Water from ſome Spring, and in theſe they did Swim after their Exerciſe. *Galen* thought Cold Baths injurious to Old Men, and Children; thin Habits in the Winter, and to thoſe who were not accuſtomed to them, and after eating; but Experience ſhews theſe Cautions needleſs. Old Men have experienced them when above Sixty. Springs being warmer in Winter than Summer, they may be uſed then, as in Sir *H. C*'s. Caſe. We have tried them in Children ſufficiently in curing their Rickets, and in thin Hyſterick Women, and Hypochondriacal Men, and they have aſſured me, that they become more fleſhy thereby. An Old Man at *Aſhby de la Zouch*, of Seventy Years old, who had a Pain in his Back, and Lameneſs, uſed *Willowbridge* Bath, by which he was cured the firſt Year, and when the ſame Infirmity returned, he uſed the ſame a Second Year, and was wonderfully relieved by it.

The old Friction may be uſeful, if the Body be very cold, both before and after Bathing; and to prevent any Inconveniencies, the Patient ought at firſt only to dip Two or Three Times, and not to ſtay in the Cold Water. If we preſcribe Sweating after the firſt Bathing, we ſhall thereby diſcuſs all the Hot Vapours produced by thoſe Hot Cacochymias, which require Cold Baths,

Baths, and have thereby the same Advantages as they who use Hot Baths before the Cold. As to the Unction used by the Ancients, that may relax the Skin dried and shrivelled by Cold Air and Cold Water, as well as by Hot Air in Hot Countries, and Hot Water. This was the Practice of the Old *Britains*, to Paint themselves when they went naked. And *Hippocrates* advises us to anoint towards Autumn and Winter, to defend our Bodies from the Cold. But in this present Age the *Northern* People only dip themselves in Water, to harden their Skins, and to strengthen the whole Body without any Friction or Anointing, but they use Exercise afterwards to warm them.

They who have a weak Heat, and are much decay'd, must not venture on Cold Baths: Nor they who are intemperate, and have eat or drank extraordinarily, because the Distribution and Consumption of an abundant Chyle being stopp'd, it must occasion Fevers or Defluxions.

If the Spirits be sunk by Looseness, Vomiting, Venery, Watching, or any other Evacuation, we cannot well bear the Cold Baths; our Spirits being weak, will be overcome by its Chilness.

In the Fits of the Gout, Epilepsy, and in Inflammations of the Lungs, in the beginning

ginning of putrid Fevers, Iliac Paſſions, and in the Gripes, and during any Defluxion, Cold Baths are improper, for they hinder Expectoration, repel Pains, promote the preſent Defluxions and Fluxes, and Pains; but when theſe Acute Diſeaſes, or Chronical Pains and Defluxions are ended, 'tis certain that Gout-pains are prevented by Cold Baths, and uſing to waſh the Feet.

Auguſtus was cured of his Defluxions, as *Suetonius* relates, by Cold Baths; and Cold Baths, as well as Water-drinking, prevent all Inflammations, Pains, and Effervescencies of Humours, on which Defluxions depend.

Ætius commends Cold Baths for Laſſitudes in ill Habits of Body uſed at certain Intervals. And he adviſes them, who are burnt by the Extream Heat of the Sun, to uſe a Perfuſion of Cold Water all over.

4. Moſt Evacuations depend on Effervescencies, and Defluxions of Humours: Too much Evacuation by Sweats or Perſpiration in the *Boulimia canina*, are cured by Cold Baths, as *Ætius* adviſes; who alſo commends Cold Baths for the *Catamenia* too abundant, as well as the Whites, and *Pollutio nocturna*, and ſimple *Gonorrhæa*. Tho' the External Perfuſions ſtop the Menſes and Hæmorrhagies; yet Cold Baths affect the Head, and move the Blood too much to

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ſtop Hæmorrhagies, but they rather increaſe them. To prevent the Pain of the Head, occaſioned at firſt by Cold Baths, they lay a wet Cloth on that Part, or waſh it firſt.

5. *Cælius Aurelianus* quotes the *Greeks* for curing the Head-ach by the *Pſeuchroulſia:* and the reaſon of that Cure is evident, becauſe a *Hemicrania* is a Species of Rheumatiſms; and in the *Sciatica*, running Scorbutick-pains, and Pains of the Shoulders, Cold Baths have certain Effects.

Hypochondriack-pains, Gout-pain, Strangury, Nephritick-pains, Convulſive-pains, Hyſterick-pains, are all cured by Cold Baths. For which I may quote *Hippocrates*'s *Aphoriſms*, *Lib.* x. Cold Water largely poured on the Part affected, cures Swellings, and Pains in the Joints, if without Ulcers; and alſo the Gout-pains, and Convulſions, all which it eaſes, and diminiſhes the Tumours, and takes away the Pains, for it occaſions a Stupor which eaſes Pain.

Hippocrates alſo adviſes Cold Water in Inflammations, and Heat with redneſs from freſh Blood; and he declares, that Cold Water hinders any Pain from ripening.

I have mentioned the great Effects Cold Baths have in rarified hot Bloods in the hot Cacochymias, in Fevers, Defluxions, Pains, Inflammations, and ſome Evacuations of Humours:

Humours. And I shall next give a Catalogue of the Effects Cold Baths have in Nervous Diseases, which are very much relieved by them, because the Animal Spirits are too much rarified in such Distempers. But as to the Great Effects which Cold Baths have in curing Paralytick Obstructions, I have sufficiently described them already. I can only add a remarkable Passage in *Hippocrates*, in his Book about Virgins, concerning the Nature and Cure of a Torpor or Stupidity of the Limbs, which is produced by forcing the Blood and Spirits to stand in the Part by an External Compression; but he describes it by forcing the Blood from the Hips and Thighs into the Legs and Feet; and by this Torpor an Impotency to Motion is occasion'd, 'till the Blood return to the same Place, which he says will soon return, if any one stand in Cold Water above the Ancles. By this Quotation 'tis evident, That *Hippocrates* never knew the Nature of the Circulation, but he well apprehended that the Blood had a Motion given it by Cold Water; but what he imputes to the Blood, is due to the Nerves also, which being compressed, produce both the Torpor and Palsy, which differ only in degree: And that both these were cured by Cold Baths, is very evident by the Book of Liquids, in which *Hippo-*

crates commends Cold Baths for Paraplegies, Lameneſs, Stupors, (νάρκαι) and loſs of Speech. By this cure of external Stupors, as *Hippocrates* directs, ἐν ὕδατι ψυχρῷ, 'twas eaſy to infer, That all inward Stupors, ſuch as are thoſe of the Hyſterick and Hypochondriack, were cured by the ſame Method, *viz.* by Cold Baths: And of the higheſt Degree of theſe, *Hippocrates* treats, in which are great Fevers, *Deliria*, Appearances of Dæmons, Suffocations both in Men and Women. In Cold Countries the Extremities of the Body grow Stiff and Torpid by Cold, and if they apply Hot Things, or come near the Fire, the Noſe, Ears, Hands, or Feet, are apt to fall off; to prevent this Mortification, the *Polanders* and *Ruſſians* before they warm themſelves, put their Torpid and Frozen Parts into Cold Water, which Experience, and not any Learning has taught them, to cure the Injuries of extream Cold Air, as well as to fortify their Bodies thereby againſt the Senſe of it. And Mr. *Boyle* obſerves, That Frozen Eggs will Thaw faſter in Cold Water than in the open Air; from which Experiment we may conclude, that Cold Baths may ſafely be uſed in Winter, to cure congeal'd Humours, or too much coldneſs of our Bodies. An Exceſs in Cold Baths is cer-

certainly injurious; for *Galen* tells us, That *Alexander the Great*, whilst he washed himself in Summer-time in the River *Cydnus* in *Cilicia*, was seized with a Convulsion, Tremor, and Torpor. And in after Ages, *Frederick Oenobarbus*, the Emperor, died by washing in the same Water. These Misfortunes in the Use of Cold Baths, may be attributed to those Emperors using of Cold Baths when Hot, or after great Surfeits, or their staying in them too long; but that this Water of *Cydnus* might be used with great Benefit, *Strabo* affirms, who says, That the Water of it was very Cold and Rough, and that it was very beneficial in curing the Gout, and that it helped the thick Humours, which possessed the Nerves, both in Brutes and Men. The same Truth *Vitruvius* and *Pliny* afterwards confirm, and assure us, that the same Water being poured plentifully on the Gouty, immediately eases that Pain.

Lib. 1. *of Procatartick Causes.*

Georgic. XIV.

There is a dangerous Practice at *Willowbridge*, of which I have heard some Patients complain: they wear the wet Shirts, in which they bathed, all Day afterwards, by which some were over-chilled; but I have heard others, that were more strong, who bore that Practice without any Injury, as they

informed me. The Inſtances I ſhall give of Cures done in the Diſeaſes depending on rarified Spirits, are in Watching, and the ſeveral kinds of *Deliria*.

I have given *Agathinus*'s Experience, That Cold Baths will procure good Reſt, and the ſame Effect we obſerve after Bathing in Rivers,

———————*Ter unctus*
Tranſnanto Tyberim ſomno quibus eſt opus alto.

Horat. Lib. 2. Ser. Sat. 1.

and if thereby Reſt can be procured, the Cold Bath will prove uſeful in curing Madneſs, wherein that is always wanting. *Mercurialis* informs us, That he cured a Woman of a *Furor uterinus*, in which they oft drown themſelves, by a Cold Bath; and he deſcribes it thus, *Eſt appetitus venerus cum uteri ardore & delirio; de venere loquuntur, & tanquam furiæ quædam agitantur.* I once diſcourſed with Dr. *Tyſon*, about curing Madneſs by Cold Baths; and he inform'd me, That he had uſed it ſucceſsfully in a Woman who deſigned to drown herſelf. *Celſus* adviſes for curing the Madneſs called *Hydrophobia*, to throw the Perſon into a Pond, that he may be forc'd to drink; and we commonly in *England* ſend Perſons bit by

by a mad Dog to Bathe in the Cold Water of the Sea, which cools and purges.

I have been informed of a Phrentick Fever which was cured by Bathing the Head with Cold Water. And there are some Authors, who advise the putting them into Water.

Not only shaving the Head, but moderately Bathing of it, may be useful to the Maniack, and the fomenting the Head with Vinegar and Water, was practised by some Physicians; and since Cold Baths Cool, Sweat, and cause Rest, they seem a true Specifick for the Maniack, which farther Experience may fully confirm. I have met with some Instances of Persons in the Small Pox, who cured their Frenzy by leaping into Cold Water.

2. All the hot Windiness of the Spirits require Cold Baths, such are those of the Epileptick Vertigo, Convulsions, Hysterick or Hypochondriack Suffocations, Palpitation of the Heart, *Chorea Sancti Viti*, Chincough, Hiccough,

I have given a Case out of *Hippocrates*, to prove Cold Baths to be useful to the Hypochondriack: And one of the Cures mentioned above, was in an Hysterick Woman. As to Convulsions, or Sprains, *Hippocrates* in his Aphorisms mentions σπάσμαλα as some

some of the Diseases for which we ought to use Cold Baths.

Cælius Aurelianus prescribes Swimming in Cold Water to prevent the Epilepsy; and tho' he dislikes the fomenting the Head with Vinegar and Water; yet he says, other Sects used it in the Fit: But since Wine, hot Diet, hot Baths, fœtid Smells, occasion the Fits of the Epilepsy, we may rationally try their Contraries, cool Diet, Water-drinking, washing the Head with Cold Water, or the old *Posca*, to prevent the Fits.

For the *Vertigo*, the Learned *Baccius* advises, *Caput frigida aqua perfundant; his vero qui valde calidam caput habent, etiam rosaceum cum aceto adhibendum, ipsumque ex salientibus aquis in balneo frigefacere, vel ex vase perfundere expedit.*

3. All the Inflations of the nervous Parts require Cold Bathing, such are the Asthma, Tympany, *Priapismus*, *Incubus*, Inflations of the Stomach, and the *Uterus*, and flatulent Tumours of the External Parts; these Diseases are produced by a hot rarified Spirit, and are easily relieved by Cold Bathing, which compresses the rarified windy Spirits.

Cælius Aurelianus commends the use of natural Waters in the Asthma, such as in *Italy* were called the *Cutilia* or *Albulæ*; and advises the *Cataclysmus* of them upon the Parts

Parts affected. He commends the Sea-Water, or the *consuetudo frigidi lavacri, quam pseuchroluſiam appellant.* I am certain no Hot Regimen can be proper for the Asthma, but the Cold is very useful, *viz.* to drink Water in a Morning, to shave oft, and wash the Head every Morning, and a Cold Bath once in a Month or Fourteen Days.

As to the *Orirogonon*, *Cælius* commends the *Pseuchroluſia* for it; and in the *Priapiſmus*, he advises the same Method as in the Diseases of the Bladder, which are to Drink and Wash in the *Albula*, which hath the Stypticity of Allom; but in the Diseases of the Stone, he advises to use either Salt or Nitrous Water, *quæ potendæ, & lavacro adhibendæ.*

For the Tympany, *Cælius* advises thus, *Adhibenda natatio maritima, vel aquarum naturalium:* He esteems it a Species of the Diseases depending on an *Empneumatoſis*; and in this Case he advises Sweating also, which may be effected after Cold Bathing, and is proper in all Cases in which the Serum abounds.

Cold Water poured largely upon any part affected with a *Tetanus*, cures it; therefore Cold Baths are useful in the same Case; and in the Gout, and other Pains there is

an Inflation of the Membranes, for which Cold Baths are proper.

Seneca, as appears by his 56th Epistle, was subject to the *Asthma*, which he calls *Suspirium*, for which he used a Gestation for his Exercise, *cum ex aliqua causa spiritus densior erat.* He describes it thus, *Brevis valde & procellæ similis ineptus est intra horam fere desinit, aliud quicquid est ægrotare hoc animam agere.* And 'tis very probable that he used Cold Bathing for it, Epist. 54. *Memor artificii mei veteris mitto me in mare, quomodo pseuchrolutum decet gausapatus.* See Epist. 83. *Ab hac fatagatione magis quam exerciatione in frigidam decendi.* By this Instance 'tis plainly proved, that *Asthmaticks* used Cold Baths in *Italy*, where *Cælius Aurelianus*, or *Soranus*, advised their *Pseuchrolusia.*

Baccius commends Cold Baths against the Poyson of the Juice of Mandrake, which has an opiate Faculty: and this Hint ought to excite Physicians to inquire how far, and on what account Cold Baths can help the Poyson of Opiates.

In Sleep, the Spirits return inward to the *Primæ viæ*, to help Digestion and the Peristaltick Motion; they also leave the Exterior Muscles, Membranes, and Senses, to supply a greater Vigour to the Muscle of the Heart, whereby Nutrition and Distribu-

tribution of the new Chyle, and Sanguification, is very much promoted; the respiratory Organs then also have their Motion continued in Sleep, because they also promote the Motion and Mixture of our Humours. The Effects then of all Opiates, must be to draw the Animal Spirits from the External Senses and Parts into the inward Nerves, to promote the Peristaltick Motion, the Pulsation of the Heart, and the Respiration. 'Tis certain, that the immediate Effects of Opiates are first in the Stomach, and vomiting them up immediately cures them; and 'tis as certain, that Opiates work on the Stomach by their nauseous Bitterness, and Acrimony and Fœtid Smell; this nauseous Taste gives a purging Faculty to *Solanum Lignosum*, Tobacco, *Mirabile Peruvianum*, and after the stupifying Effects of the Opiates are over, they oft vomit in the Morning, which is occasioned by the nauseous Bitterness, (Opiates being slimy as well as bitter) and the Fœtor and the Acrimony of the Opiate passes into the Nerves, which are next to it, *viz.* Those of the Stomach, Heart, and Diaphragm, which are about the Mouth of the Stomach, and in them they cause a pleasant Sensation, which, as Dr. *Jones* has ingeniously described in his *Mystery of Opiates*, causes a Relaxation of the Exterior Parts and Senses.

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That this Senſation may be imputed to a Dilirium is probable, becauſe all Opiates in great Doſes produce ſuch Effects; for ſuch is the Effect of *Cicuta*, *Henbane*, *Poppy*, in Hot Conſtitutions, and *Solanum furioſum*, and Mandrake. And *Hippocrates* tells us, That they who are hurt in any Part, and feel no Pain, are certainly Diſtempered in their Minds, and the Inſenſibility of Pain, Thirſt, and Evacuations, are the known Effects of Opiates.

Mandrake is deſcribed to be nauſeouſly Bitter and Fœtid, which produces a Fœtor in the Body, Madneſs, intolerable Itching and Burning in the Skin, Red Eyes, Tumid Face, Drineſs in the Mouth, Sadneſs, Dulneſs, Languor; theſe Symptoms may be relieved by Cold Baths, which promote the Perſpiration of the Fœtor, and excite the Stupidity by affecting violently the outward Senſes; they cool the Itching and Burning in the Skin, the inflamed Eyes, the nauſeouſneſs of the Stomach, and ſleepy Languor of Spirits; and this Effect ought to oblige us to inquire farther, how far Cold Baths may be proper for ſleepy Diſeaſes, of which kind the Apoplexy, Lethargy, and *Incubus* may be reckoned, and the Sleepineſs preceding Fits of the Mother, and other Convulſions. If the Apoplexy, Palſy, and Lethargy have Rheumatick Blood,

Blood, and very Sizy, upon that account Cold Baths after ſufficient Evacuation by Bleeding, Vomiting, Purging, may excite the Stupid, and promote the Motion both of Viſcid Spirits and Sizy Blood: And 'tis not to be thought a Paradox, that Cold Baths ſhould be proper for the Apoplexy, ſince 'tis ſo uſeful for the Palſy, and cures certainly all the Species of it, which are mentioned above; to which may be added, the Palſy of the Eyes, the Flux of Tears, Weakneſs of the Lips, *Lapſus Seminis*, *Atrophia Nervina*, Palſy of the Diaphragm, Lungs, Guts, *Oeſophagus*, Stomach, *Penis*, and prevents ſudden Death, which *Hippocrates* calls the Palſy of the Heart. 'Tis obvious to argue, if Cold Baths can cure all theſe Effects of an Apoplexy, which we call different Species of the Palſies, why may we not believe they may cure the Stupor in the Head and Limbs? *Cælius* very much commends the *Albulæ*, which are Cold Waters, and Swimming in the Sea, for all Palſies. 'Tis certain, That Hot Baths when uſed by young, or hot Paralyticks, oft occaſion a new Fit of the Apoplexy. The Sea-men cure their Sailors by throwing them into the Sea when they are Dead-drunk, which excites their ſtupid Senſes, and makes them very ſober. The drowſineſs in Apoplexies is from ſtagnati-

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on of the Blood; but in Drunkenneſs and Covulſions, from the filling the Nerves with Serum; and in both theſe Caſes Cold Baths may be uſeful, becauſe they cauſe the Stagnating Blood to move; and they prevent Defluxion through the Nerves, which happen in Aſthma's, Hyſterick Fits, Convulſions, at which time the Sleepineſs oppreſſes the Spirits. At the end of all Defluxions, *Cælius* adviſes the change of the Air, and the uſe of common Water to drink, and to foment the Head; and ſince all Hot Baths, Hot Wines, Hot Fumes, produce Defluxions, and increaſe them, it ſeems very rational, that Cold Baths as well as waſhing the Head, will prevent them. In all Catarrhs the Rheum is puſhed through the Glands, about the Mouth, Throat, Head, Neck, and waſhing the Head prevents the Defluxion of the Serum that way by conſtraining the Glands. And for this Effect I can rely on *Celſus*, as well as common Experience, which aſſures us, That Hot Baths weaken the Head, and that Cold Water ſtrengthens it: Defluxions depend on Effervescencies, Ephemera's or putrid Fevers. And *Galen* has obſerved, that what Fevers are cured by Bathing, are cured rather by the help of cold Waſhing, than by the hot temperate Baths,

Baths, or after these the Feverish ought to descend into the Cold Baths.

Paulus advises Cold Baths for the Dimness of Sight, which depends on a Defluxion thro' the Nerves; and if the Eyes be opened in the Water, he says, they will be considerably strengthned thereby.

Cælius blames *Diocles* for recommending the *Pseuchroluſia* in the Ulcer of the Lungs, which though it cannot be cured thereby, yet the Hectick may be helped in some measure; and Cold Baths will prevent Imposthumations, and the Tumours which precede the Phthisick, after due Evacuations, and mixed with the Method for curing Defluxions. The Reason why they are not good for the Tabid, is, because they will hinder Expectoration, and promote Looseness.

Cælius advises, after the Cure of Spitting Blood, *Ineunda Consuetudo frigidi lavacri*; therefore Cold Bathing will prevent all Hæmorrhagies.

Cælius commends Cold Baths for preventing the Gout, such as the *Cotiliæ* and *Albulæ* in *Italy*, *Dabit enim aliis integram sanitatem, aliis raram doloris admonitionem.*

The old *Athletæ* bathed in Cold Water oft, to prevent any unchast Desires, they being generally forbid the use of Women, and

and the ſame is proper for natural Polluti-ons.

All Inflammatory Pains which depend on ſizy Blood, ſuch as thoſe of the Rheuma-tiſm, Pains of the Ears, Eyes, Limbs, Teeth, Head, are certainly relieved by Cold Baths.

All Pains depending on ſalt or corroſive Humours, ſuch as the Gout, Stone, Stran-gury, are relieved by Cold Baths: The Pains of the King's Evil and Cancer, have not yet been tried.

Celſus commends Cold Baths for the Jaundice in Summer, ſo that we may by this obſerve, how much they promote the Secretion of Humours thro' the Glands.

Seneca informs us, That the *Romans* waſhed their Legs and Arms every Day; but they waſhed their Body all over only on their *Nundinæ*, which was every ninth Day: and this Cuſtom we may well imitate, becauſe of the Changes of the Moon happening once in fourteen Days. By this ninth Day's waſhing in the Sum-mer-time, all Defluxions of Humours and other Alterations depending on the Moon, will be prevented, eſpecially if we waſh every Day the Head, as well as the Arms and Legs, the Body will be thereby kept very cool.

The Spring used at *Rome*, was that called *Virgo*, which was very Cold, and in that they Bathed after Hot Baths, or moderate Exercise.

Virgine vis fola lotus abire domum.

I find in Dr. *Leigh*'s History of *Lancashire*, some Passages relating to Cures done by Cold Baths: I think my-self (and all our Country also is) obliged to him for them and many other curious Observations, with which his Books are filled, relating to Waters, Minerals, and Animals, *&c.*

He tells us the most remarkable Cold Spring is at *Sorbeck* in *Lancashire*; and that upon the Immersion of the Hand into it, the Hand grows extreamly Red, and that a violent Pain is perceived in it, and that it is a Chalybeate Water; and that if a Thermometer be suspended in it for Half an Hour, the Spirit in it will subside an Inch. If the Spirit will subside an Inch, that shews how much the Animal Spirits may subside by Cold, as well as be compressed by the weight of Cold Water upon Bathing in it. Our ordinary Barometer subsides in our Climate upon the Changes of Weather near Three Inches; and that shews how much the Alterations of Weather usually change the Rarifications of our Humours

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in Air, or Climate; and if we design to fortify ourselves against Cold, which compresses, and in our Climate alters our Blood and Spirits, we must always keep them compressed by Cold Baths; for in Cold Climates, about Eighty one Degrees from the *Æquator*, the before-mentioned Doctor informs us, That the Barometer alters not above half an Inch by the Changes of Weather; therefore in Cold Climates the Humours ought to be constantly kept compressed, and the Air lodged in them, condensed: So on the contrary in the Climates near the Line, the *Barometer* alters little, there the Air is most rarified, and the Air in the Blood ought there to be always kept in a rarified State, and not to be over compressed by a Cold Regimen. In our Country, which lies betwixt the *North* and *South*, the Alteration of the Air, and its condensation by Cold, is more than its Rarification by Heat; therefore since Cold exceeds the Heat, we must adjust our Air in our Humours to the same Temper, and keep our selves more Cold than Hot; for the Hotter we keep our-selves, the more we suffer by any Cold that happens, as well as the Alteration of the Pressue of the Air, which is very great in our Climates. For the Doctor tells us in Degree 45, the Barometer alters three Inches, but in 60, two Inches,

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in 75, but one Inch; and in 15 from the Line, one Inch; and in 30, two Inches.

All Tenderneſs ſeems to depend on being kept too hot, ſo that we cannot bear the ſenſe of our own Air, and this is only to be cured by Cold Baths; and if we be affected by the Changes of Weather, that happens by the Effervescencies which are promoted by the Alteration of the Preſſure of the Air; which is beſt prevented by keeping the Humours cool, and of the ſame Temper as our Air, for when they will eaſily condenſe and rarify with it, and not run into violent Ebullitions, if the Air become lighter, nor become ſizy if too Cold, or over compreſſed.

The ſame Author, *Page* 54, *of Lib.* 2. gives this Obſervation, in leprous Diſtempers, Scorbutick Rheumatiſms, and the Rickets, and Scorbutick Atrophy, before the Hectick Heat be too intenſe, I have not known any Medicine to perform the Effects which theſe Waters frequently do.

In the Leproſy, which he truly takes to be a Species of the Scurvy, *Lib.* 2. *Page* 56. he commends Chalybeat Waters, Cold Baths, and an Abſtinence from Fleſh-meats, by which Dr. *Baynard* recovered his Patient from the *Leproſy*, when Bath-waters and Salivation did not ſucceed.

If Cold Baths are proper for the Scurvy, and Conſumption, then they are uſe-

ful in the several Species, and Complications of them with other Diseases.

The Scurvy is complicated with Hemicranias, Pains, Dropsy, Jaundice, Ulcers, Vertigo, Asthma, Convulsions, &c. and in all these for the Scorbutick Humour, which is Salso-acid, Fœtid, Acrid, Bitter, Bilius, and like their Urine, which is bitterish, fœtid, and lixivial; in all which Cold Baths are useful. Under the Name of the Scurvy, divers Diseases are comprehended, because we may observe in it the Complication of divers Cacochymias.

On the Acrid, Salt, or Corrosive Humours depend the Corrosion of the Teeth and Gums, the excessive Pruritus in the Skin the Diarrhæa, Coughs, Sweat, Atrophy, Consumption, and lixivial Urine. On the Viscidity of the Blood, the Hemicrania, Inflammations, Pains in the Skin, Limbs, Teeth, Tonsils, and all Pustules depend.

On the Putrefaction of Humours, the Fœtor of the Mouth, the Spots in the Skin, putrid Spits, scorbutick Ulcers, Gangrenes, Morphew, Scurf, Lepra, Hæmorrhagies by Dysentery, Hæmorrhagies by the Nose, Vomiting, Coughing, and by the Gums.

On the Flatulent Cacochymia, all the Symptoms in the Nerves depend, Convulsive Motions, Trembling, Stupor, Beating,

ing, Vermiculations, Coldneſs, Numbneſs, Palſy, Erratick-Pains, *Chorea Sancti Viti*, Colick, Aſthma, Epilepſy, Vertego, Hypochondriack and Hyſterick Caſes. I have enumerated all theſe Symptoms of the Scurvy, to ſhew in how many Caſes Cold Baths may be uſed for the Scurvy, and that where it agrees with the Cacochymia, it will generally agree with all the Diſeaſes depending on it. By the ſeveral Cacochymia's mentioned in the Scurvy, we may obſerve, that Authors call all the Hot Cacochymias; the Acid, the Bitter, the Viſcid, Salſo-acid; the Acid, and Putrid, the Scorbutick Humours.

Conſumptions depend on divers Diſeaſes, ſuch as Evacuations, *Fluor albus*, *Diarrhæa*, *Diabetes*. Scurvy, Rheumatiſms, Stone, Gout, Aſthma, *Chloroſis*, Rickets, Surfeits, Hæmorrhagies, Obſtructions, *&c.* And where ths Original Diſeaſe will admit of Cold Baths, there they muſt be uſed to cure the Hectick; and ſince the Conſumptive have always a Sizy and Salt Blood, for them alſo Cold Baths are uſeful to correct thoſe Cacochymia's.

Since Hot Baths propagate Infection, why may we not try cold ones to prevent it? Infectious Diſeaſes are very rare in Cold Countries, and the Hot Blood is ſooner infected in Children, than the Cold in Old

Men. Hot Baths occasion Faintness; therefore Cold Baths, by keeping in the Spirits, strengthen them.

By all the Particulars mentioned, I have proved that Cold Baths are proper Specifics or Antidotes against Opiates, and sleepy Distempers, for which they are effectual Anti-hypnoticks against Defluxions, Inflammations, Pains, the best Preservatives and Anodynes; they are also good Anti-Phthisicks, Anti-Scorbuticks, Febrifuges, Anti-Rheumaticks, Anti-Rachiticks, and in a word, the best and only effectual Cephalicks, Anti-Paralyticks, and Anti-Convulsives, Diureticks, and Sudorificks, *&c.* I think I have need to say no more of Common Cold Baths, but will give some Character of two other Cold Baths, which I met with in the old Writers, *viz.* those of Sea-Water or Nitrous Springs.

Since we live in an Island, and have the Sea about us, we cannot want an excellent Cold Bath, which will both preserve our Healths, and cure many Diseases, as our Fountains do.

Swimming in the Sea is commended by *Ariteus* for the Cold Pains in the Head. By *Ætius* for the stoppage in the Nose, and loss of Smelling, if we use it constantly. By *Celsus* and *Antillus* for the Dropsy, Scab, Leprosy, and Spots in the Skin, or any Defluxion

fluxion on the Legs, or any other Part, and for the Atrophy. *Cælius Aurelianus* commends it for the Palsy, the weakness of the Stomach, the Jaundice, Spleen, Obstructions or the Cachectick, and in Pains of the Head, and Epilepsy. *Aristotle* observes, That the Sea will much better carry the weight of our Bodies than Common Water, and he says it is more wholesome, and that it causes a greater expence of Humour than riding in a Coach; it makes the Body lean, strengthens, heats, and attenuates.

I have sufficiently enumerated the Benefits of Cold Baths; and that I might prevent Inconveniencies, I will mention the Injuries done by them.

'Tis observed by *Antillus*, That all sort of Swimming offends the Head, The Circulation of the Blood being outwardly checked, it is forced inwards for the present; this is to be prevented by laying a wet Cloth or Night-Cap on the Head, or wetting that first, and diving under Water.

Cold Baths sometimes procure Deafness, which may be prevented by stopping the Ears, or using them less, and not too frequently, nor stay in too long at any time.

An Excess in Cold Bathing occasions Cramps, Horror, and Fevers; all these are prevented by staying in them no longer

than we can bear the Senſation of the Cold Water without exceſſive Chilneſs, and to uſe Friction before or after; theſe Inconveniences the *Romans* prevented by Friction and Unction, which heats the Body, and by heating the Body with moderate Exerciſe before.

The ſame Errors may happen in the Uſe of Cold Baths, as in the Hot Baths; they may be uſed in unſeaſonable Weather; and in very Cold Weather Cold Baths cannot be convenient, but from *June* to *September* they may ſafely be uſed. Cold Baths may be uſed as well as Hot Baths in proper Caſes: Cold Baths agree only with Hot Conſtitutions, and not with Cold, nor in decayed, weak Spirits, and very old Perſons, nor after Exerciſe and great Laſſitude, nor during great Inflammations affecting the inward Parts, as in Pleuriſies, Phthiſicks, Colicks, nor after great Surfeits, and full Meals, and in Convulſions.

To prevent theſe Inconveniences, let every Perſon conſult ſome Phyſician, who may better know his Conſtitution, the Nature of the Diſeaſe, the proper time for uſing Cold Baths, and may firſt uſe all proper Methods of inward Medicines, and after them uſe Cold Baths, *ſecundum artem*, and not Empirically.

We may abuſe Cold Baths by going into them when too Hot, and by uſing them too frequently, or ſtaying in them too long, or by holding the Head under the Springs, or bucketing the Body, or Breaſt, or wearing wet Linen after them all Day. For Example of theſe Misfortunes, let all Perſons reflect on *Alexander Oenobarbus*, and Young *Marcellus*, among the Ancients, who received Injury by Cold Baths. And *Suetonius* tells us, That both the *Veſpaſians* died at the Cold Waters at *Cutiliæ*. But *Pliny* commends theſe nitrous Waters for the Stomach, Nerves, Joints. And *Celſus* commends them in the Reſolution of the Stomach and Atrophy. And *Vitruvius* commends them for the *Strumæ*. But to prove that there is a proper Uſe to be made of Cold Baths, I muſt refer the Reader to the Hiſtory of *Auguſtus* in *Suetonius*, to *Pliny*'s Natural Hiſtory, to *Horace ad Valam*; to *Seneca* in his Epiſtles, who calls himſelf *Pſeuchroloutes*; to *Pliny*'s Epiſtles, *Lib.* 2. *Epiſt.* 17. who deſcribes his Baths, *Inde Balnei cella frigidaria, ſpatioſa, & effuſa, cujus in contrariis parietibus duo Baptiſteria velut ejecta ſinuantur, abunde capacia ſinuatione in proximo cogites, adjacet unctorium, hypocauſtum, adjacet propigneum Balnei, mox duæ cellæ magis elegantes quam ſumptuoſæ.* See more of this in the Fifth Book. See

Diogenes Laertius in his Life of *Plato*, where *Euripides*, who accompanied him into *Ægypt*, was cured by Bathing in the Sea, to which the Prieſt adviſed. From hence the Uſe of Cold Baths was firſt learnt by the *Greeks*, and *Hippocrates* might learn it here, as well as from the *Scythians*. Moſt part of the *Grecian* Art of Phyſick came from *Ægypt*, which had a Phyſician for every Diſeaſe, except thoſe of Children; and their Diſtempers are moſt deſcribed by the *Grecian* Writers, ſuch as the Rickets, the Small Pox, Meaſles.

Since by Hot Baths, Wine, Eating, Exerciſe, and all other Things we uſe, we may receive good by a prudent, moderate, reaſonable Uſe of them, and great Miſchiefs by an unſeaſonable, improper, diſorderly Abuſe; ſo I deſire all Perſons would think of the proper and improper Uſe of Cold Baths. They may preſerve our Healths, and cure many Diſeaſes, if uſed according to the Ancient and Modern Art of Cold Bathing; or elſe do great Miſchief by unskilful, imprudent Management, as I have obſerved in ſome Patients, who the firſt Year went with good Advice, and after fit Evacuations and Alterations, to Cold Baths, and their received great Benefit; but by going unadviſedly the ſecond Year, and truſting to their own Experience, found many

many Inconveniencies to happen to them, which would have been avoided by a proper Use of specifick Remedies, and good Evacuation, if they had been prescribed before their second Year's Use of Cold Baths. No Remedies, tho' never so good, can have a certain good Effect, unless used in proper Circumstances, as to Time, Dose, Quantity, and in proper Constitutions and Diseases; and if these be observed in the Use of Cold Baths, I know all Mankind will allow that I have proved what I design, That Cold Baths are both safe and useful, for preserving our Healths, and curing our Diseases.

Paulus Ægineta commends Cold Baths, but gives this good Advice, to use an exact Diet, and convenient Exercise; the Diet, ought not to be too hot, because that will breed Acrid Humours, which being kept in the Body by Cold Baths, may occasion some Prejudice to our Healths, therefore we must use a cool Diet, whilst we use cool Baths; but immediately after Cold Bathing, we may take some Cordial Liquors, as Ale, or Wine, if we be very Chill.

Moderate Exercise is also necessary in Cold Bathing, not only to warm the Body before and after it, but at other times to discuss hot Vapours retained in the Blood.

Orobasius made his Compendium of *Galen's*

len's Physick, by the Command of *Julian* the Emperor, who was made *Cæsar*, *Anno Chr.* 357. *Ætius* was his Contemporary, and I have quoted him for Cold Bathing. *Trallianus* writ after these; he also approves of Cold Baths in Melancholick Cases, *Concedendum ut non modo in calido solio, sed etiam frigidæ labro diutius immoretur.*

Ægineta writ last of all, *An. Chr.* 420. and his Judgment I have given already concerning Cold Bathing, and his Cautions I gave about it. I have mentioned all these Physicians to shew, That Cold Bathing was the general Practice at *Rome* from the Time of *Musa*, in the 20th of *Augustus*'s Reign, 'till *Ægineta*'s Time, which is near 400 Years in that Empire. And since the Cure of Diseases by Cold Baths was generally practised by all People, as well as their Emperors, that Practice of Cold Bathing must needs come with the rest of the *Roman* Customs unto us, and certainly remained among the *Britains* when the *Romans* left this Isle. The *Saxons*, who succeeded the *Romans*, brought in the *German* Custom of Washing in Rivers for the preserving of their Healths, and that made them receive the Baptismal Immersion in Rivers and Fountains, without any Scruple; and 'tis probable, that on these the first Christians imposed the Name of their Saints, and Religion

ligion taught the Heathens to change the Names of their Springs, and dedicate them to the Chriſtian Saints, which for their great Cures were formerly dedicated to the Dæmons. So *Virgo*, the famous Spring at *Rome*, which was dedicated to *Diana*, was afterwards conſcrated *Divæ Mariæ Virgini*, as the Learned *Baccius* affirms.

The *Cutilæ* were famous among the *Roman* Phyſicians. They were cold Nitrous Waters, and were uſed both in Drinking and Bathing for the Gout, Stone, Inflammation in the Eyes, the King's Evil, all Hot Defluxions, and to ſtrengthen the Stomach. We have a great Quantity of theſe Waters in *England*, and out of them we may contrive Cold Baths, for the Diſtempers mentioned. *Celſus* and *Cælius Aurelianus* made uſe of ſuch Cold Baths in many Diſeaſes, and we cannot well cure ſome Diſeaſes without them. The bitter Salt made out of ſuch Waters, ſeems to be the true Nitre of the Ancients, which they made out of Springs by Decoction, or the Heat of the Sun, and their Nitrous Waters are deſcribed to be bitter, rather than Salt, and that they are more bitter, the leſs mixt (with Salt, Allom, Vitriol, or Sulphur) the Nitre was. They ſay, the Virtue of the old Nitre was to purge by Urine and Stool, and that it had an Acrimony to open

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Obstructions. And since Dr. *Grew*'s purging Salt has all these Qualities, it is certainly the ancient Nitre as to its Physical Virtue.

The *Albulæ* are oft mentioned by *Cælius Aurelianus*, *Galen*, *Ætius*, and these were Astringent and Salt, of a mild Heat; and instead of these we may use *Buxton* as a temperate Bath in Rheumatick Cases, and the Stone, and Ulcers, and all Fluxes and Abortions, and for exciting Appetite. *Cælius* describes the *Albulæ frigidæ virtutis*, pag. 330. *Solutione laborantibus vel fluore quorumlibet officiorum naturalium à veteribus appropriatæ.* He advises the putting the Part affected under the Falls of Springs, which the *Greeks* call *Cataclysmus*, and that causes great changes in Diseases.

That Purging Waters were used with Cold Bathing, is evident by the use of these Cold Nitrous Waters, both at the same time for Bathing and Drinking; and where we want them, we may use the bitter purging Salt to prepare ourselves for Cold Baths.

To these *Cutiliæ*, the *Romans* used to go in the Summer, as we to *Epsom*, and there both the *Vespasians* died. Of *Flavius Vespasian*, *Suetonius* tells us how he miscarried, and that *creberrimo frigidæ aquæ usu, intestina vitiasset:* And we may observe that some of our Country-waters occasion Dysenteries, when used too oft.

I think fit to recommend the Regimen of *Alexander Severus*, a prudent Emperor, of the present Age, which *Lampridius* thus describes: First in the Morning he dispatch'd all Publick Affairs, whether Civil or Military, afterwards he read the *Greek* Authors, then he applied himself to some moderate Exercise, such as Running, Ball-play, or Wrestling, and afterwards being anointed, he bathed in Hot Baths rarely or never, but in his *Piscina* always, and stay'd in it near an Hour, and in the Morning fasting he drank Cold Water, about twenty Ounces; and after his Cold Bathing, he eat much Bread and Milk, Eggs, Mulsum; and after these he dined often, but sometimes eat nothing till Night. By this use of Cold Bath, he, like a Philosopher, prepared his Body for his Studies, and hardened it for War; by this wise Method he lived to be old; and since he came into *England*, and conquered his Enemies here, and at last died at *York*, we may very well conclude, that this Method of using Cold Baths was well known in *England*, and practised here ever since by the *Old Britains*, who oft on the account of Cold Bathing, frequented St. *Winifred*'s Well. All the Account I can meet with, of St. *Winifred*, or St. *Mongah*, is contained in the following

Letter

Letter from a Learned Divine concerning those Saints, to whom our most Eminent Cold Baths were dedicated by *Britains* or the *Saxons*, when Christianity was first planted among them.

Most honoured Sir,

I *Have last Night, and this Morning, been turning over my poor Study of Books, to find something of St.* Mongah.——*This Account I find of him.*———*His true Name is* Kentigern, *and he lived about the Year* 560, *and was Bishop of* Glascow *in* Scotland, *whence he was driven out, by the* Pagan Saxons *for ought I know.*——*However, he was driven out of his own Country, and fled to St.* Asaph *in* Flintshire, *where he found means to build a Monastery between the Rivers* Elwyd *and* Elwy; *some time after he built a Church, and there flock'd abundance of People to him, so that his Monastery at last amounted to the number of* 660. *whereof, 'tis said, That he appointed* 300 *that were utterly unlearned to Till the Ground, and other Husbandry-Work, and other Handicraft-Work in the Monastery,* &c. ——*His Church was first built of Timber, and afterwards of Stone, not without some Resistance of one* Malgo *or* Maglocunus *a* British *King, dwelling then at* Deganwy, *a dozen Miles off; but at last he gave him liberty, and con-*

consented his Church should be an Episcopal See, and withal bestow'd several Manors and Privileges upon it, &c. *This* Kentigern *was first Bishop here, and he is said to be the Son of* Thanes, *who was Daughter to* Loth, *King of the* Picts; *who his Father was, could never be known: Many ignorant People there were in Old Time, that thought that he was born of his Mother, being a pure Virgin.*——*How long he lived here in* Flintshire *is not known, but he left his Bishoprick to his Scholar* Asaph, *from whence it after had its Denomination of St.* Asaph, *being called before* Episcopatus Elguensis & Elvensis, *from the River* Elwy, *as was said before.*——*But as I said,* Kentigern *at last had leave to return into* Scotland, *to his former Bishoprick of* Glascow, *and lived (as the Legend and other Accounts say, if we can believe them) to the Age of* 185 *Years. Could it be proved that he bathed himself in Cold Water, it would be a noble Instance to your purpose? But you will say, What hath* Kentigern *to do with St.* Mongah, *for so is the true Name? I answer, That* Kentigern *was Scholar to* Servanus, *Bishop of the* Orcades, *or the Islands of* Orkney, *and intirely beloved of him, insomuch, that he would still call him* Mongah; *that is in the* Norish *Tongue, or Tongue there spoken,* a dear Friend, *or* dearly Beloved.——*Of* Servanus *I could say more, but this may suffice: So that by this means,*

means, Kentigern *became most commonly known in these Countries by the Name of* Mongah, *as* Chrysostom, *and others, have been upon such Accounts, whose true Name was* John, *and the Name of* Chrysostom, *or* Golden Tongue, *given him for his Eloquence, so that now that is the Name most commonly he is known by.*

I cannot find any where he did any Miracles at these Wells you mention, but it was a common thing to dedicate Wells, &c. *to Saints, who never had been there, even by the Account the Legend gives of them. I know abundance of* Chad-wells, *were* Chad *is never supposed to have been; the Virtue they might have by Prayers or Dedication, as was common, to dedicate Churches to them; but if there be any thing more than this, and the Legend mentions any particular Blessing the Wells had from his Prayers, there is a full Account to be had, as I find among Archbishop* Usher's *MSS. in* Dublin *Library*, vita sancti Kentigerni, Cod. 193. ——Capgrave, *I suppose, hath some Account of him in* Catal. sive Legend. Sanctorum Edit. Legend. 1516. fol. *and his is but an Extract out of a large Work intire in the* Cotton *Library*, Tib. E. 1. MS.

Since my Writing, I find a large Account of him in Usher's Primordia, pag. 681, *&c.* of my Edit. 4°. *Mine is not the best, but of his own Publishing——I suppose the* MS. *I*

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mentioned in the Dublin *Library, is* Johannes Tinmuthensis, *or* John *of* Tinmouth; *and* Usher *hath given a large Abstract out of him, in Effect, I suppose all that is in him.*—— *Here he is made go to* Rome *to Convert some of the* Pagan Saxons. *The Account of his being driven from* Glascow *is at large repeated,* &c. *but nothing of his Miracles at these Wells, as I can find.*

Concerning St. Winifred's *Well, the Legend is well known, that she being a Chast Virgin, would not yield to the Imbraces of one* Carodoct, *Lord of* North-Wales, *who cut off her Head,* &c. *I suppose you know the Legend well enough;* ——*this they say was in* 644.—— *If so, the Virtue of the Water must have its rise from that Time; but there's a shrewd Objection against this Tradition.*——*For* Giraldus Cambrensis, *an admirable Scholar for his Time, who lived in the Time of* Henry II. *that is about* 1200. *for he lived long; He I say, a* Welshman, *took a Journey into all Parts of* Wales, *and is mighty particular in the Account of all the Abbies, and miraculous things especially, and sometimes says more than is true; yet he makes no mention of this miraculous Well, nor any thing relating to it*——*It is to be observed, he says, he lay one Night at* Basingwerk, *which is but half a Mile from these Wells. But it is rationally supposed that the Monks of* Basingwerk *(which Abbey was founded about a hundred Years after* Giraldus,*)*

framed all these Legends for their own ends.—— See Dr. *Powel* in his Annot. to *Girald. Camb.* at large.

I have given you, my Honoured Country-men, all the Experiments I could collect both from the Ancients and Moderns, and have nothing farther to add, but an Answer to the Vulgar Objection, that our Country is too cold for Cold Baths; to which I have already in part answered, by mentioning the Bathing at St. *Mungo* and *Holywell*, which is yet constantly practised. And I will add, that *Cæsar* in his Commentaries tells, That the old *Britains* went almost naked, and painted their Bodies to affright their Enemies. He farther says, That the *Suevi* and old *Germans*, (from whence afterwards our *Saxon* Race came) had no other Cloathing but Skins; and that in their Cold Country, *Promiscué fluminibus perluuntur*, and that most of their Bodies were uncovered.

Buchanan in his *Scotch* History tells us, That the *Picts* went naked, and painted their Bodies, and that the *Scotch* Islanders sleep upon the Snow, or make themselves Beds of Heath, with the Flowery ends upwards, which, *Mollitie cum pluma certant, salubritate certe superant, omnibus non negligentia modo in culcitris, sed affectatio inculti horroris, & duritii summa est.* He farther tells us, That the Inhabitants of the *Orcades* pre-

preserve the Vigour, Beauty, and Largeness of their Body, as well as Health in their Mind, by their observing their old Parsimony; and that their Ignorance of the nice and luxurious ways of Living, conduced more for preserving their Health, than any Medicinal Art. When the *Northern* Nations had taught the *Romans* the use of Cold Bathing, by the frequent Experience they found among them, Hot Baths began to be diffused towards *Galen*'s Time; and *Lampridius* tells us, That *Alexander Severus* rarely bathed in Hot Baths, but almost always in a *Piscina*. The same Author gives an Account of *Heliogabalus*, who used to colour his *Piscinæ* with Saffron and precious Ointment before he used them. All the barbarous Nations at present, such as the *Samoids* about *Tartary*, harden their new-born Infants, either in Snow or Water. And in the *West-Indies* they not only wash their Children, but Mothers also, immediately after their Children are born. *See* Purchas.

I cannot better advise you any Method for preservation of Health, than the Cold Regimen, to Immerse all your Children in Baptism, to wash them often afterwards 'till Three Quarters old, whereby the Rickets and Convulsions will be prevented; to use Children to Cold Air, Water-drinking, to

wear few Cloaths, which if many, consumes the Flesh, and renders all Children subject to Rheums, to use them when Boys to Bathing in Rivers, and when Men to Cold Baths, to harden their Skins against the Changes of Weather, and to increase their Appetite and Digestion, and Strength of the Limbs, to expel the Serum by Urine and Sweat: It loosens the Belly in some Persons. The Preservation of Health, Cleanliness, and pleasant Refreshment after Cold Baths, are sufficient to recommend the use of them.

What I have writ on this Subject, was at first designed for my own Information, and now I have published it for the Instruction of others, and to give all my Countrymen notice of the Conveniencies I have made at *Litchfield* for Cold Bathing; and I doubt not, but a full Experience of that Practice will assure you, my Honoured Country-Men, that what I have here proposed, will be safe, and useful, and necessary, both for the Preservation of your Health, and curing all the Diseases mentioned; which is the hearty Wish of,

My Honoured Benefactors,

Your very Humble Servant,

LITCHFIELD,
Mar. 25. 1701.

JOHN FLOYER.

To the Ingenious and Learned Physician, Dr. Baynard.

SIR,

I Think my-self, as well as all others of our Profession, much obliged to you, for your great Industry, in promoting the Use of *Cold Bathing*, and your kind Communication of such Cases as have received Benefit by it, which are sufficient and convincing Evidence that *Cold Baths* are both Safe and Useful. I think my-self farther obliged to give you a particular Account of my success in curing the Patient you recommended from *Repton* to our *Litchfield Cold Bath*. I will first give a particular Account of the Case, because you did not see her, but were only consulted by her Friends.

I observed, That Mrs. *Piser* of *Repton* in *Derbyshire*, was very much swelled in all her Joints by a *Rheumatism*, which had lasted Four Years; the Joints of her Elbows, Wrists, Knees, Ankles, appeared very big and knotted, and so sore, that she could not suffer any motion of them; the Fingers were contracted close, so that she could not move them, nor any other of her Limbs; her Hands and Arms were distorted into a strange figure by the Contraction of the Sinews; all the rest of her Body was very

Lean, and she had a short Cough, which gave me a suspicion of a Consumption.

When I had viewed the Patient, I was much discouraged by the difficulty of the Case, and believed you had sent me a Patient to discredit my *Bath*; but my Success in this Case has much credited it.

I began with her, by letting her Blood, and by Purging her once, for her Strength could not bear any more: This I did by way of Preparation for the Bathing afterwards. She was dipt in the Chair Three times at each Bathing, and she bathed Nine times in the whole; the wet cold Weather caused us to leave it off, though she found a great Refreshment always after it. Because of the Tumors and Pains, I put her to Bed after her Bathing, and she sweat plentifully after it, by the help of warm Ale and Spirit of *Harts-horn*; once or twice she did not sweat, and found her self not so well relieved as by Sweating; by the Use of the *Bath* and *Sweating*, her Pains and Swellings did presently remit, and after a while went quite away, and she began to use her Arms and her Feet, which she had not done of Three Quarters of a Year before; she eat her Meat better, grew in Flesh, and the dry Cough abated: As soon as I found the Pains were abated, I prescrib'd her some Steel and Antiscorbuticks, and Ointments

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for the contracted Sinews, by which she received some Benefit, and she continues very well in all parts but in one Leg, where the Sinews under her Knee are not yet come to a full length. Not only by this Case; but by others I have tried, I find *Cold Baths* relieve the *Rheumatick-pains* by driving the Humours stagnating in the Limbs into the circulating Vessels again, and that by Sweating afterwards they are readily evacuated; therefore I find that Sweating is necessary in *Bathing* for *Rheumatisms*. And I also observe, that Evacuations and Alteratives, and Ointments, are necessary as such, as the Disease indicates, besides the Bathing, and therefore I believe *Cold Bathing* can never be made a Quack Medicine, to be prescribed alone, nor to be used for all Diseases; but according to Physical Indications in company with other Medicines, and then they will perform very great Cures. I must give you a little farther of my Experience in Hypochondriack Cases, wherein I have done much good, but I always intermixt Alteratives and such Evacuations as the Disease required: I vomited and bled them by way of Preparation, and gave them the Steel-Waters every Day they Bathed, and after all a Steel Course, and they always felt great Relief, and a chearful Spirit after Bathing, and slept well; but I

observed, that their Convulsive-Pains cannot be relieved 'till after Two or Three Years use of *Cold Baths*, and Sweating after Bathing is not necessary in these Cases.

I have met with a Case in the *Hydrophobia*, where the Man bit, died after his return from Bathing in the Sea, which I mention to shew you, that the giving the *Decoct. ad morsum Canis* is necessary, as well as the *Sea-Bath*; and for want of Alteratives joined with the *Cold Bath*, that useful Practice will suffer in its due Reputation: And this Practice the Case of *Hippocrates* I have quoted, will justify, who for *Hypochondriacks* used other Medicines as well as *Cold Baths*.

There is a particular Circumstance must be well observed; for where we design Sweating, we must not keep the Patients long in the Water, but only dip them thrice, and immediately take them out again, that their Natural heat may quickly return, and raise a Sweat to discuss Tumors and Pains; but in *Hypochondriack* Cases, there the Heat is great, and Spirits furious, and in these we must continue our Patient in longer, and repeat it oftner. And to prove this, I will give you an Instance out of *Helmont*, who tells us, that a *Maniack* was cured by leaping into a Pond, and continuing there 'till he was half drowned; and he farther says,

ſays, That by the ſame Method he had great Succeſs in curing *Mania's: Niſi quoties formidine præcociter amentes ex aqua extraheret.* And he obſerved, That Common Water, as well as the Salt Water, ſuffocated the mad Ideas.

'Tis difficult to determine how long each Diſeaſe requires *Cold Bathing*; this muſt be learnt by Experience. I will give you an Account of what was practiſed this Year by a Perſon of Quality, from whoſe Letter I have tranſcribed it about the *Rickets*. *My Boy was at the* Cold Bath *about Three Weeks, and was dipt Twenty eight Times, that is, firſt Nine Times, and then reſted ſome Days; and he was oft dipt Twice in a Day, Morning and Afternoon, and after each Time he was put to Bed, and ſweat but very moderately (he being a weak Child); but others, who are ſtronger, ſweat more, and after the Reſt mentioned, they dip him Three Times more, and ſo a Third Time: The way of Dipping was thus, A Woman plunges the Child over Head and Ears, and then ſets them on their Feet in Water, and rubs them all over, eſpecially their Limbs, Back, and Belly; they plunge and rub them Thrice, and that is called one Dipping; they muſt not be above Three Minutes in doing this. If the Children do not ſweat, they put their Maids to Bed to them.* Note, *That the Children Purge as long as they uſe the* Cold Bathing;

Bathing; *but that ceases as soon as they leave it off.*

By this Letter we may observe, That a long Use of *Bathing* is necessary for curing the *Rickets*, which was the Child's Disease, and that the *Serum* which oppresses and fills the *Nerves*, was evacuated by Stools and Sweat; but I am of Opinion, that some Evacuations before, and Alteratives after, would very much promote the Cure. As to the preventing due *Gout* and *Asthma's*, and other Chronical Cases, there must be Water-Drinking and due Evacuations by Vomits and Bleeding, joined with a long Use of *Cold Baths*, such as *Cælius Aurelianus* calls *Consuetudo frigidi lavacri*, or else no Cure will be performed by them, but the Chronical Diseases will return upon any *Effervescence* of Humours. I have this Year had good success in helping an *Asthmatick* by Vomiting, Drinking Steel-Waters and Bathing at *Buxton*, and using Water for constant Drink; this Method has kept him well many Months, when no other could stop his Fits. As to any Injury by *Cold Baths*, I never yet met with any, where they have been used according to Physical Indications, and after due Preparations, so that I cannot but believe they will in Time prevail against the

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Prejudices of all People. All the Young Practicers will out of Curiosity try them, to which they will be well disposed by what they have read concerning *Religious Washing* in *Homer*, &c. (such as *Penelope*'s Washing before her Prayers, and *Telemachus*'s Washing his Head); and as to the Medicinal Ablution, they will find enough of it in all the *Greek* and *Latin* Authors they have read; so that every Physician will in the next Age, be a *Pseuchrolutist*. We are much obliged to a late Ingenious Author, Dr. *Mead*, who in his Mechanical Treatise of Poysons, truly asserts, That *Melancholy*, as well as *Hydrophobias* and *Manias*, were formerly cured by *Cold Baths*, which by their *Cold* and *Gravity* produce their Effects as a *Diuretick:* And he gives Quotations from *Helmont*, *Tulpius*, and *Appius*, to prove the Usefulness of *Cold Baths* in the Cases mentioned.

We shall wholly gain all the Experienc'd Chirurgeons, who can relate many Cures they have done by stopping *Hemorrhagies*, healing fresh *Wounds*, Varicous *Tumours*, &c. by their Application of *Cold Water*. And I was inform'd by an Experienc'd Chirurgeon, that he had a Scrofulous Tumour on his Foot cured, by holding it under the fall of a Spring for many Mornings.

You

You may obſerve in *Celſus*, That the *Romans* held their Heads under the Spouts of their Springs. And we may obſerve in *Cælius Aurelianus*, the *Illiſio aquarum*; and in *Hippocrates*, the Affuſions of Water, all which anſwer to our Pumping; and this is one of the *deſiderata* in *Cold Bathings*, and it ought firſt to be tried on our *Maniacks*. That I may farther convince all my Country-men that *Immerſion* in *Baptiſm* was very lately left off in *England*, I will aſſure them, that there are yet Perſons living who were ſo *Immerſed*; for I was inform'd by Mr. *Berisford*, Miniſter of *Stretton* in *Derbyſhire*, that his Parents *Immerſed* not only him, but the reſt of his Family at his *Baptiſm*. He is now about 66 Years old. So that he is a full Evidence, that the *Baptiſmal Immerſion* began not before the laſt Century to be diſuſed, and 'tis probable, that it continued longer in Uſe in the *Northern* Parts, where there is leſs Effeminacy and longer Lives, than in the *Southern* Parts of this Kingdom; and to a more cool Management of their Children thoſe good Effects may be juſtly attributed. I ſhall add no more on this Subject, for they who will not be convinced by the Experience of former Ages, nor thoſe Modern Caſes you have communicated, muſt be left to their own Opinions, and

you

you and I must be contented, that we and other Physicians have endeavoured to restore a very Ancient and Useful Practice in Physick. I shall ever be,

SIR,

Your most Obliged Friend,

and Humble Servant,

LITCHFIELD,
Sept. 28. 1702.

JOHN FLOYER.

Of Cold Baths.

PART II.

A Letter from Dr. Baynard *in* London, *to Sir* John Floyer, *Kt. in* Litchfield, *concerning* Cold Immerſions, *&c.*

Honoured Sir,

UPON the Diſcourſe I had laſt with you upon your deſign of writing a ſmall *Tract* on that Noble Subject of *Cold Immerſion*, a Practice ſo old in the World almoſt forgotten, as if it had been dead and buried thro' extream *Age* and *Superannuation*; According to my Promiſe, I now preſent you with ſome few Lines touching ſome wonderful and moſt remarkable *Cures* done by (the amazing Effects of) *Cold Water*, ſuch only as have fallen under my own *Eye* and Obſervation. And I hope I ſhall be ſo juſt

both

both to my *Self* and the *World*, as to relate nothing but what is positively true in *Fact*; and especially those which I have recorded; tho' in some others perhaps that depend on my Memory, and were transacted long since, probably some circumstance may be forgotten or omitted; but in the main, to the best of my recollection, I give you the whole of what I can remember. I always (I thank God) lookt upon it as most impious, and one of the worst of wickednesses (in serious things) to impose upon the Living, but much more to *Banter*, and hand down a Falshood to Posterity. A Fault (I doubt) too many of our Physick Observators have been too guilty of, as that ridiculous Story of *Phillipus Salmonthus*, in his Chapter *de Partu per Os*; and that of *Cardan*'s, quoted by *Hen. Ab. Heers*, whose Words are these, *viz.*

Quantam communionem habeant genitalia, partesque ipsis vicinæ cum Capite, adseverat, quod siquis canitie deformis unica tantum nocte illinat scrotum vicinasque partes succo ex radice juglendis viridi expresso, Canitie deposita nigerrimo colore Capitis Pilos inficiet, totum annum duraturo, &c.

Such unnatural Amusings, and most improbable Stories, makes any serious Discourse ridiculous, and makes many true ones suspected, for even the most *Credulous*, when find

find themselves impos'd on, and deceived, reject every thing of the least Difficulty, and doubt even known Truths, that do not easily slide into their weak Apprehensions, &c. for Men ought to be very just in what they publish and assert, in that tender and nice Concern of *Life*; for all things in reference thereunto ought to be consider'd well, and treated with the greatest *Caution*; for there lies no Writ of *Error* in the *Grave*, but the sick Man is finally concluded by the Knowledge or Ignorance of his *Physician*. But where Knavery and Neglect help to compound the *Doctor*, there, I say, the Patient is in a deplorable Condition, more from his Director than his Disease; and too often in *Acute* Cases, where *Life* and *Death* perch upon the same *Beam*, the least Grain or Error of Neglect may turn the *Scale*, and irretrievably destroy that *Life* which on the other hand, a lucky Thought might have saved. And I think it a Duty indispensably incumbent upon the Physician, that where he thinks he has not taken a right *Scheme* of the Case, nor had a true Insight into the *Disease*, or has the least doubt upon him; there, I say, both in Honour and Conscience, he is bound to call in some other to his *Assistance*, which is so far from being a *Disgrace*, that his Care will be (among wise Men) esteem'd as the Product of his Honesty;

neſty: and howſoever Providence ſhould diſpoſe of his *Patient*, yet by this faithful diſcharge of his Duty, he enjoys the Comforts of a calm *Breaſt*, and ſleeps with a quiet *Mind*.

When, on the other hand, the forward, bold, poſitive *Corinthian Thruſter on*, ſwoln with the Poyſon of his own Opinion, as if he were the *Achme*, and top Branch of his Profeſſion, right or wrong, goes on; but for want of Aim or a ſteady Hand, hits the wrong Mark, and kills the Patient inſtead of the Diſeaſe; which no more troubles him, than if he had fir'd at a Flock of *Geeſe*.

And here I am apt to think, that the Invention of *Compounds* was from not knowing the Virtues of *Simples*, ſuppoſing it like ſhooting at a Bird with ſmall Shot; Put into a Gun Pellets enough, and one or other muſt hit. But true Knowledge of a Medicine, is like the *Horſe-ſhoe* ſtuck at a Man's Girdle, (whoſe Life was ſaved by it) quoth he, *I ſee a little Armour will ſerve the turn, if it be put in the right Place, &c.* But Diſcourſes of this Nature are needleſs, *Sir*, to a Perſon of your great Circumſpection, where Care and Vigilancy attend in ſuch Perfection, that I well know the leaſt Miſtake can no more eſcape your Pen, than it has done your Practice; for in what you have already writ, your Caution is re-

markably seen. And I know also your great Reading and Learning to be such, that very few, if any, remarkable Passages among the many Volumes of the Ancient *Greek* and *Latin* Writers, slip your Observation; especially being so near a Neighbour to that Magazine of Learning, the Library of the Learned Dr. *Fowke*, a Gentleman who is not only an Honour to our Faculty, but a polish'd Scholar, and bright in all other manner of Learning.

I cannot join with *Agathinus*, in his wonderful Encomiums of Cold Bathing, as he is quoted by *Oribasius*, Physician to *Julian* the (Apostate) Emperor, wherein he instances the frequent use of it in himself, and recommends it to the World, as a most wholesome and salubrious Practice, and seems to have but a low and languid Opinion of the Use of *Hot Baths*. For, with due Respect to so great a Man (as doubtless he was in his Generation) I must take leave to dissent from him, and by way of Digression tell you, that I have, at least, for the Space of 36 Years, (one Summer or two excepted) constantly visited the *Hot Baths* at *Bath*, in *Somersetshire*, as a Physician, and have seen wonderful and most deplorable Cases there cured, and some in a very little time, where Care and Caution has been observed in the Use of them; and

and especially in the *West-India Gripes* and *Colicks*, where a Paralysis has been general, with a total loss of their Limbs; and others with Arms, Hands, Legs, and Feet, strangely contracted; yet the Bath has cured both the *Solutions* and *Contractions*, which being contrary Operations, is past my Philosophy to find out how such Cures are wrought; without, as *Helmont* says, it be by comforting the *Archeus* with mild and gentle warmth; for 'tis a friendly Fomentation, a natural *Sal volatile oleosum*, a Cordial to the faint and languid Spirits, and puts them in a Power to act more vigorously.

Indeed when Men will bathe that are of Plethortick Habits, and Sanguine Constitutions, with a Cargo of Wine and good Chear in their Bellies, without emptying, or any medical Preparation, or that overheat the Blood and other Fluids, beyond their Natural Standard of Calefaction, by swimming and exercising too much in them, or staying too long on the *Hot Springs*, &c. there, I say, sometimes the consequences have been ill. But then I hope he must allow, that the Fault is not in the *Bath*, but in the irregular Bathing. And what great Cures have been, and are daily done by drinking the *Bath Water* hot from the *Pump*, *Res ipsa loquitur*; for the Cures would speak themselves, were Men mute:

for the Fame of thoſe Streams have not only run all the Kingdom over, but even beyond Sea too. Witneſs the prodigious quantities are ſent daily away both to *Scotland*, *Ireland*, and many other Parts; altho' they are of much more Efficacy drank hot at the Place, than ſent abroad, as clearly appears by the Volatile Vitriolick *Gas* ſeen in them by the Trial by *Galls*, *Oak-Leaves*, *Thea*, *Biſtort*, or any *Auſtere Alkaly*, which Volatile Vitriol flies off as it cools: And although you warm the Waters again to the juſt Heat of the *Bath*, yet 'tis never to be ſeen more. The chief and cardinal Ingredients that impregnate theſe Waters, are *Sulphur*, *Iron*, and *Nitre*, mixt with a *Sal ſui generis*, in a ſmall quantity; the *Sulphur* bearing more than a double proportion to all the reſt, ſo that it has been many times obſerved, that in a great Drought, and the Wind at or about the Point of *North-Eaſt*, the *Baths* have not only been ſenſibly *Hotter*, but the Water ſomewhat acidulated and abounding with a *Volatile Gas*, not much unlike the grateful acid of the *German Spaw Water*. I thought that I had been the firſt that diſcovered this, but talking with an *Old Guide*, he told me, that he had obſerved it a hundred times, when in bright ſerene Weather, the Wind blew freſh from ſome *Northerly Points*; and then

I have obſerved them ſtrangely to enliven and brisk the *Spirits*; and find that the beſt Cures are performed by ſmall Quantities, regular living, and drinking them a great while; and ſo uſed, in decayed *Stomachs* and ſcorbutick *Atrophys*, and moſt Diſeaſes of the Liver and Spleen, I hardly ever knew them fail: And here I muſt ſubjoin Two moſt wonderful Cures done this laſt Summer, the one a Lady of Quality, Madam *B*, who lay at Mrs. *Cranfield*'s Houſe near the Market Place; her Caſe was ſo deplorable, thro' a weak and decay'd Stomach, of a long ſtanding, that ſhe loathed every Thing ſhe either ſmelt or ſaw, and ſo weak and feeble ſhe could ſcarcely ſtand; ſhe vomited up every thing ſhe took, whether Liquids or Solids, and melancholy to a ſtrange degree, and emaciated to Skin and Bone; ſhe took little or no Reſt, her Pulſe hardly perceptible, her Eyes ſunk, often Ructations and ſometimes Colick Pains, accompanied with Splenetick and Hyſterick Fits, and generally clammy cold Sweats on her Head, Face, Arms, and Hands; inſomuch that ſhe, and all her Servants, thought ſhe could not live a Week. Being ſent for to her, and finding her ſo extreamly weak, and under ſuch a general diſorder of the whole frame, I conſider'd that this was my Lady *Loyd*'s Caſe exactly, who when the

vital Flame was even blinking in the Socket, and the Soul (one Foot over the Threſhold) turning out of its tatter'd and decay'd Tenement, by the cautious Uſe of the *Bath Waters* and Bitters, had a new Life put to Leaſe, who to this Day enjoys an uninterrupted State of Health. This Lady was ſo very weak, that at firſt we gave her but Two or Three Spoonfuls of the *Bath-Water*, and about Half an Hour after one Spoonful of a bitter Infuſion: And here by the way, Note, That *Wild Sage*, *White Hoar-hound*, and *Hops*, are the only Bitters that will agree with theſe Waters, and make them paſs, ſo that they are in the wrong Box, that direct only Wine, or Wine and Water to be drank at Meat by Water-drinkers, when a well brew'd middle ſort of clear *Small Beer* moderately Hopp'd, ſhall ſit eaſy upon their Stomachs, and make the Waters paſs much better; for *Hops*, is both Diuretick and Antiſcorbutick, helps Digeſtion, kills Worms, and may be accounted as good an *Antilithiaſis*, as the beſt, tho' the fooliſh Vogue upon its firſt uſe, here in *England*, ran Counter to its true Phyſical Vertues, by branding it with breeding the Stone, *&c.* but Experience has long ſince convinced the World of that Error: Whilſt *Wine* contracts and hardens the Glands, and hinders Secretion, *&c.*

&c. this Truth any Man may try upon himself, let him observe one and the same Regimen in his Exercise, Esculents and Potulents, some little time before, then an Hour after his usual Quantity of Bath Waters, let him take half a Pint or a Pint of Wine of what Sort he pleases; and the next Day at the same time after his Waters, let him take the same Quantity of a well brew'd, hopp'd Malt Liquor, that is not too Strong, New and Yeasty, nor Stale or Sowre; I'll hold two to one, that the well hopp'd Malt Man, shall piss sooner and more in Quantity than the Vintner, and *etiam hoc centies probavi, & nunquam fefellit Experimentum*; not that I forbid a Glass of good Wine at Dinner, especially to those who are us'd to it, but I write this to let them see how false is the Cry of this late Litter of Physick-Whelps, that hunt and run down Malt Liquors, without any reasoning or asserting why. But to the Case, An Hour after that a little more *Bath Waters*, then Bitters again, and so by Degrees, from less to more, I brought her to bear half a Pint of the Waters hot from the Pump; which stay'd without loathing or vomiting; then she began to be better reconcil'd to the Sight and Smell of Meats, and to take a little Chicken Broth, *&c.* and in a Day or two more, she could bear a Pint taken at two or three

Draughts, and then began to eat ſolid Meats, and in the Space of nine or ten Weeks recovered her Health to Admiration, inſomuch that when ſhe went into the Church, or to walk in the Grove, when ſhe came out of her Chair, ſhe was pointed at, ſaying, *There ſhe is! That's ſhe! that's the Lady that was ſo weak, &c. digito monſtrare & dicier hæc eſt.* So that the true Reaſon why ſome miſs of a Cure, is either becauſe they drink too much in Quantity, or take (too ſoon) Cordial Waters, or Wine after them, or eat before they have paſs'd off; for the Stomach ſhould have time to dry, and the Fibres to contract and cloſe *&c.* and never to eat without Appetite, and then but two thirds of a Meal. I know, now living, a certain Knight, who is full, if not above, a hundred Years old, who is as agil, as healthful, walks upright, can ſit, riſe up or ſtoop, with as much Eaſe as any Man of Forty Years; can walk as much, and as long as moſt Men, who told me, that he attributed his great Health and Vigour to his Temperance in Eating; for he ſolemnly declared, That he never filled his Belly to Satiety in his Life; and tho' he can drink a Glaſs of Wine, Ale, or Cyder, yet in the main, he is as temperate in his Drinking alſo, as in his Eating; and that when at his Retirement in the

Coun-

Country, he told me, he drank little elſe but Water for 2 or 3 Months together. But now as to the other Lady's Caſe I mentioned, ſhe was brought to the Bath *in extremis*, with all the frightful Symptoms of Death upon her, viſible in the ghaſtly Look of her Face, accompany'd with *Deſpondency*, *Sighing*, *Swooning*, *Singultus* and *Convulſions*, with an univerſal *Atrophy*, yet by due Care, and the powerful Vertues of the warm *Bath Waters*, by ſlow and gentle Steps, by gradual Acceſſions, in the Space of Six Weeks ſhe acquir'd ſuch a Stomach, ſuch a Conſtitution, that ſhe danc'd in the Town-Hall; nor did ſhe receive her Cure from drinking only, but was comforted and refreſh'd with the mild and gentle warmth of the Croſs Bath; for bathing in many Caſes is of wonderful Uſe, as in *Colicks*, *Gripes*, Scorbutick *Atrophies*, *Cramps*, and all Stiffneſs of the *Joints* and *Limbs*; ſo that there are few Caſes but where moderate Bathing may be join'd to Drinking, to finiſh and compleat a Cure, ſaving in ſome Diſeaſes of the *Head*, and all *Hecticks* and unnatural *Heats*, *Ferments* and *Ebullitions* of the Blood, all which muſt be left to the Judgment of the directing Phyſician, if the Patient has the good luck to eſcape the hard Fate of poor Mr. *Cope*, the Lottery Man, and light on a Phyſician that can diſtinguiſh be-

between a *Kettle-drum* and a *Cart-wheel*. But to ſwill and drink great Quantities, Fumes fly into their *Heads*, their Weight extends the fibrous Membranes too much, waſhes off the *Mucus* of the *Guts*, and ſometimes from the *Bladder* too, and gives an *Ardor urinæ* for a little time; But generally this happens to thoſe that drink as much Wine in the Afternoon, as they do Water in the Morning; and when the *Strainers* are relax'd by the Softneſs of the Waters, and the obſtructed Glands of the *Meſentery* opened and relieved, Quantities of Wine muſt do much Miſchief, when in the Blood there is an Union of ſo much *Salt* and *Tartar*; ſo that the beſt Method and Medicine too, may be abuſed by *over* or *under doing it*.

I remember when I lived at *Preſton* in *Lancaſhire*, a Man died with a *Cheeſe* in his Belly, by drinking new *Milk* upon Sowre *Stale Beer*, which ſo frightened People from the Uſe of *Milk*, that all forſook it, but the wiſer *Calves*. And here a Word of Admonition may not be amiſs: I have known a great many that have deſtroy'd themſelves, and ſome very ſuddenly, by drinking *Milk* too ſoon, upon any ſharp acid Liquors, as *Wine*, *Cyder*, *Stale Beer*, *&c.* when thoſe Liquors have been drank ſafely after *Milk*, tho' I ſhould not care to drink ſharp Liquors

too

too soon upon Milk, for fear of Curdling, not trusting too much to the *Dutch* Proverb;

Wine up Millock, is good for Elock,
But Millock up Vine, it is Venine.

Tho' Milk curdles upon all Stomachs whatever, even upon the youngest Animals; but it is a soft Curd and loose, when Acids make it hard, stiff, and compact, for if Milk did not Curdle, it could not Nourish, for 'tis to be suppos'd, that so gross a Substance as Curds are, could never enter those streight, close and invisible Passages into the Blood, &c. Two of my Acquaintance died also of a Surfeit of *Salmon*, eaten under-boil'd, after which Accident some would never more touch *Salmon*, &c. so that no particular Case or Accident ought to shake or undermine a known and receiv'd *Good*. How many Men have died suddenly in the Street of *Apoplexies*, &c? Now had any of these unhappy Wretches been (at that instant) put into either *Hot* or *Cold Baths*, not only the *Mob*, but even the Grave and more Learned Noddies of the Noddility would (all be *Coroners*, and) have laid the Murther at that Door. A grave Nod, and a graceful Grimace, with a charge of Nose Gun-Powder, Snuff, 'twixt Finger and Thumb, or a Spit after his Pipe, are

Signs

Signs of disapproving, and are home Thrusts to the New Invention; but if the Character of Whim or Gimcrack be labell'd unto it, 'tis for ever damn'd. Such is the force of one *Knave* on a Crowd of *Fools*, as is daily seen in most of the Transactions of the World. One cries up *Crabs* and *Lobsters*, as if Health came from Sea in Armour; t'other *Oranges* and *Lemons*. Dr. *Alkaly* says, *Vinegar* and *Pepper* is bad with Roast *Beef:* And Dr. *Acid*, that a Pearl Necklace swells the Glands of the *Throat*, and will breed *Quinseys* or the *King's Evil*. One asks his Patients, Can ye eat *Oysters?* And t'other, Can ye drink *Verjuice?* So that you see, that the *Land-Crabs* and *Sea Crabs* can never agree. All these foolish Extreams are of ill Consequence and of pernicious Tendency to the Commonwealth of *Health*; for to be wedded to an Opinion is true Madness, unless warranted by infallible Demonstration. *Physick Biggotry* is worse than that of *Popery*, and does more mischief to *Bodies*, than that to *Souls*; for God may have Mercy on an Error in his *Worship*, but a misapplied *Medicine* can have none, but must on and act according to its *Nature*, whatever be the Consequence. And yet, notwithstanding we daily see the ill Effects of some *Medicines*, and little or no Vertue in *others*, yet we prescribe on, and will not take

take Pains to examine, but take things on *Truſt* and *Tick*. Credulity is Harbinger to Infallibility, and clears the way for *Error* to amble on, and intails miſtakes to the end of the Chapter. How many hundred Years has *Arſenick* been miſtook for *Cinnamon*, and worn for it as an Amulet againſt the *Plague*, by the miſtake of an *Arabick* Word? *Armek* or *Arſenick* (as I am told) ſignifies a *Genus Cinnamoni*, and ſounding near Arſenick as an Amulet to prevent it; which Error had done much Miſchief, and was diſcover'd firſt by *Diemerbroek*; See his Book *de Peſte*, &c. And nothing is harder than to unrivet a wrong Notion. Things received take root, and not eaſily yield to *Extirpation*. How many Men has intempeſtive and over Bliſtering deſtroy'd, (eſpecially upon a Criſis) in altering the Faces of all the *Facies* of the Body, diſturbing the genuine Secretions, by mixing the venomous and corroſive Effluvium's of the *Cantharides* with the Blood, accuating the *Pulſe*, beſides bringing *Stranguries*, and other Miſchiefs on the *Bladder?* inſomuch that I believe the Devil himſelf, old *Beelzebub*, to be nothing but a great *Cantharid*, the Prince of *Flies*, they act ſo according to his Nature, to plague Mankind where-ever they are applied. I knew an old Romaniſt, in lieu of other corrections, would bliſter himſelf

ſelf for his Sins, and call'd it, his *Balſamum Pontificum*, &c. And here I cannot omit a Story of an Apothecary's Man, in *Fleet-ſtreet*, whoſe Maſter died in a few Days Sickneſs of a *Fever*, which his Doctors quickly made malignant. *Quoth he*, I wonder that my Maſter ſhould die ſo ſoon, for he had a Dozen *Bliſters* on, and they all drew very ſtrong: That is true, *quoth one ſtanding by*, thou art in the right on't, for in Four Days Time (together with the help of a Team of Doctors) he was drawn out of his Bed into the Vault over the way there, pointing at St. *Dunſtan*'s Church. I am apt to think that from this Bliſtering Doctrine came the Proverb, *Humano corio ludere*; not but that Bliſtering is good in ſome Caſes, but there is meaſure in doing it, as well as Judgment when and where it is to be done. And violent Sweating Medicines have not been much ſhort of as much Miſchief: How have they broke the *Globuli* of the Blood, diſordering all the Fluids, by putting all the Juices upon a *Fluor* and *Fret?* ſo forcing the morbid Matter out of the Channels into the *Habit*, *Nerves*, &c. introducing *Tremors*, *Deliriums*, *Subſultus tendinum* and *Convulſions*, and all the diſmal Train of the *Grave*'s Artillery, the Enſigns of approaching *Death*, which by a mild and tender Uſage, attend-

ing

ing and assisting the Efforts of *Nature*, might have been separated from the Mass, and carried off by Stool or Urine.

How many (even in the Agony of Death) have been cram'd with *Bark* and *Bolus*, and sent hence with the last repeated *Dose* undigested on their Stomachs?

How many thousands has Dr. *Morpheus* lock'd up in his leaden Coffin, by needless, intempestive, and wrong apply'd *Perogoricks*, &c. hung their *Herse* with Garlands of *Night Shade*, and sung Requiem's to their Souls in Wreaths of *Poppy!* when their drousie Prescriptions have prov'd their Credentials, or a Warrant to Knap on, 'till the Day of *Judgment*.

But where a Physician Gallops over his Patients, and rides Post to be Rich, there his Haste is too great for small Observations, and the Sick-man lost thro' Precipitation. But this is no Detriment to the Doctor, for while they Die, others spring up; and whilst there is Intemperance in the World, there will be Diseases. And where he by *Policy* or *Party* has gain'd his Point, and set up his Standard in the Opinion of *Fools*, where his Spaniels range thro' a City to spring his *Game*, and *Tray* is rewarded with the Offals of the Quarry, there the Physick-*Hawk* flies only at *Gold*, the Welfare of his Patient is but the *Side-board* of

his

his Buſineſs, and *Collaterals* of his Care. But this *Galloper* is a Saint to the *Sharer*; thoſe that go Snips with their *Apothecaries*, are Villains of the firſt Magnitude; here the Patient is in a pretty Pickle, being ſure to be dous'd according to the Depth of his own *Purſe*, or his Doctor's *Conſcience*; and this I call both *Felony* and *Murder*, for the Man is firſt *Robb'd*, and then *Kill'd*: Theſe *Pulſe-Pads!* theſe Bedſide *Banditti!* are the worſt of *Robbers*; for either through *Ignorance* or *Avarice*, they never give Quarter, but fire at you the *Pulvis greſius*, or a *quid inſipidum*, a White Powder which makes no Noiſe. But theſe things only paſs upon *weak Minds*, People of ſuperficial, little or no Thought, at leaſt of ſuch ſhallow thinking, that the ſhort Legs of a *Louſe* might wade their Underſtandings, or elſe they could never be *Gull'd*, and led by the Dading-ſtrings, but by People of as little Depth as themſelves; for there is an unaccountable Sympathy between *Fools*, and where-e'er they come, tho' in a *Crowd*, or other Company, they always find one another firſt; their diſtant *Effluvium*'s, which makes the Sphere of Activity, won't mix with thoſe of a wiſe Man's, but like *Exchequer Tallies*, will only fit their own Sticks.

Yet the *Fool* does leſs Harm than the *Knave*, Dr. *Wax* that takes any Impreſſion, or

or ſtamps it on another, that always ſays as the *Dame* and *Nurſe* ſays, and becomes all things to all *Men*, that he may gain ſome (Money); This Phyſick-Faber touches you tenderly with the *ſmooth File*, and fills his Pockets from his own Forge! This chucks the Church under the *Chin*, and ſpits in his Hand, ſtrokes up the Diſſenters *Forehead*, &c. In ſhort, he is like *Hudibras*'s *Dagger*, good for every thing, and ſticks at nothing to grow Rich.

The next is your *Noſtrum-monger* Dr. *Stew-Toad*, one that ſets up for *Miracle* and *Myſtery*, and always makes *Honey* of a *Dog*'s *Turd*; this martyrs more *Toads* than Popery has *Hereticks*, and crams his Patients with *Bufo* inſtead of *Beef*; (for a *Toad* is as innocent as a Fiſh) tho' the *Pulvis Æthiopicus* as they call it, has no more Virtue in it, than the Powder of *Pickled Herring*: and yet theſe *Sir Poſitives* will be no more ſtirred than a *Mill-ſtone*; and in Conſultation they are always moved with a *Lever*, they are too heavy and unwieldy to be drawn from their own Opinions.

I once heard of a whimſical Fellow that ſo doted on *Buff*, that they called him *Captain Buff*, for nothing could pleaſe him but *Buff*, Buff-Shirt, Band, Beaver, Boots, &c. all *Buff*, and dwelt in a Buff-Budget, like *Diogenes* in his *Tub*, and would eat nothing

but *Tripe*, becauſe it lookt like Buff; and I doubt we have too many of theſe Buff *Captains* in the now *proſtitute* and degenerate Profeſſion of *Phyſick*.

But to cure this Evil, is *hic Labor hoc Opus*, ſo to leave them in the Poſſeſſion of *themſelves*, under the *Influence* of their own *Underſtandings*, is *Curſe* enough; for where the *Grace* of God can have no Admittance, all Admonitions are ſpilt and thrown away; for *Stupidity* is Proof againſt *Satyr* as well as *Wiſdom*. And ſo to the Buſineſs of *Cold Water*.

Among many that have commended *Cold Water*, I find *Hermanus Vander Heyden* cries it up to the Skies; uſed both inwardly and extreamly in *Stone* and *Gouts*, he wonderfully commends it, and in many other Caſes, in Pains of the *Stomach* and *Joints*; his Words are, *viz. Neque hic omiſſum velim quod ſicuti frigida una atque altera hora ante cœnam aſſumpta doloribus articularibus medetur; Ita etiam quandoque quibuſdam ſtomachi doloribus ejuſque frigidæ cyathus immediate poſt prandium evacuatus, ſoleat ſubvenire; imo Pomum crudum, acidum tamen, aut auſterum, cum cyatho etiam frigidæ, loco omnis cibi aut potus, tempore cœnæ oblatus, concionatoribus aliiſque recenti raucedine laborantibus, claram & naturalem poſtridie vocem ſæpiſſime reſtituit.*

And

And a Reverend Divine, Dr. *Wiat* by Name, Minister of *Bromham* in the County of *Wilts*, told me, That being very ill at his *Stomach* (and fearing a *Surfeit*) after eating *Salmon* not well boiled, he went immediately into *Cold Water*, and was presently cured: And in this it is also commended by *Cornelius Celsus*, *Galen*, and others; and I my self have often been relieved from Wind and Crudity, by Swimming in Cold Rivers.

And Mr. Arch-Deacon *Clement*, this present Minister of *Bath*, told me, That when he was a Student at *Oxford*, eating too much fat Venison, he found himself extremely ill, and fearing a Surfeit, he went into the Water, and swam up and down for the Space of near two Hours, and came forth very well, and continu'd so.

The same Author of his own Knowledge affirms, and quotes *Piso* and *Alexander Trallianus*, how that many have been cured of the *Stone* and *Gravel* in the Kidneys, by a long, but moderate Use of Water drank warm or cold—— *Si & frigida vel tepida assumatur; non enim dubitem utramque convenire, imo & calidam, sed frigidam maxime.* And why sometimes they gave the Water warm, (*he says*) because they supposed the Distemper to proceed from a cold Cause, so proceeded according to the Axi-

om, *Contraria contrariis, &c.* which is not always Orthodox, for very often *similia similibus sanantur*, &c.

And I knew an old Physician that held the drinking a Glass of warm River or Spring *Water* (that would *lather*) a little before Dinner, as a great Secret, both to prevent and cure the Stone. And I think I have read some such Thing in *Baglivi*, the now Pope's Physician.

He says also, that it will cure a *Red-Face*, *& vitia omnia Cutanea*, which he worded so prettily, that I'll here repeat them to make you laugh, Sir *John*; viz. *Sic qui variegato faciei rubore, Nasoque Carbunculari, & apprime Postulato (quod plerumque a Bacchi aut Cereris decocti potentioris fuliginosis vaporibus evenire solet) in medium prodeunt, &c.* And in another Place he says positively, that where through Extremity of *Cold*, the *Hands* and *Feet* are benumbed, it fails not to cure. *Et quidem nulli præter rationem videri debet, si hic audacter asseram pedes ita sæviente Hyeme contractos & congelatos, ut eorum digiti ad instar stipitis rigescentes appareant, in frigidam aliquoties renovatam mediæ ad minus horæ spatio immersos ad pristinum denuo statum revocari, &c.* Again, *Sic frigidam Tetanum curare docet*, Hipp. lib. 5. Aph. 24. *Sic Paralyticum ejusdem frigidæ Crure, Brachio, Humeroque resolutis, con-*

tinua

tinua & renovata applicatione duarum aut trium horarum ſpatio, integra & eadem die curatum fuiſſe a fide digno percepi, &c. And in another place he tells you, that *Contorſions* and *Contuſions*, tho' never ſo big and ſwell'd, are curable by *Cold Water*, &c. *in his Verbis. Multo minus abſonum videbitur, ſi hic affirmavero, quod Contorſiones junctur arum, earumque imo & aliarum quarumlibet corporis parſium contuſiones cum ingentibus tumoribus ſimili in frigidam immerſione longe ſecurius quam per quævis alia Remedia, abſque ſumptu, ſive moleſtia & temporis jactura citius & certo citius curentur; ſic manus & maxime pedes, qui dictis contorſionibus & accidentibus frequentius obnoxii eſſe ſolent, ad priſtinum robur & firmum greſſum reduci poſſunt; imo etiamſi duabus aut tribus horis poſt dictos, & alios ſimiles fortuitos Caſus, ſedulo aliquoties renovando frigidam idipſum fiat, ut hiſce oculis non ſemel vidi, repellendo ſpatio unius horæ Humorem, qui ob prædictam moram plurimis nimis impactus videretur, ut repulſioni pareret; & ob contuſionem, & nimis ingentem protuberationem ſuppurandus aut tanquam ſanguis extravaſatus tractandus eſſe exiſtimaretur; ille tamen adhuc hærens in venulis capillaribus dilatatis, & cum carne elatis hac frigida (cum ea diſcuti nequeat) repelitur, quando non nimis ſero applicatur; quamquam etiam neglecta omni omnino cura, poſtridianam hanc*

& æque longam applicationem, ubi tam immanis non erat protuberatio, integre profuisse mihi constet : quæ infortunia cum sepissime accidant lignariis, ferrariis, & murariis fabris, & cujusvis generis operariis, feliciſſimum & obviam illis hoc poterit esse remedium.

And out of *Hippocrates* he instances abundance of Cases, not only Immersion for the *Gout*, but in most inveterate Pains of the *Head* also, *& rebillibus defluctionibus auxiliatur, &c.*

He gives you the History of an *English* Noble-Man, one *Tobias Matthews*, who for twenty Years laboured under a most violent *Hemicranium*, *& diutissime absque intermissione a defluxione pertinaci, in tanta copia per palatum & nares manante, ut inde strophyola sua semper madide circumferre cogeretur, afflictus fuisset ; tam feliciter dicta capitis immersione anno ætatis suæ 60 ab utroque se incommodo liberavit, &c.* And he says, that the Gentleman lived to more than 70 Years of Age, and perfectly freed from any Relapse, and that he continued the dipping his Head ever after, and that in the Depth of Winter ; and that he also adviséd another *Noble-man* in the same Case to the same Course : *Qui cum longum simili dolore excarficatus fuisset, hoc agendo modo, seipsum & infinitos deinde similiter affectos, omnium cum applausu integræ sanitati donavit.*

Hæc

Hæc etiam ſtabiliri Authoritate Cornelii Celſi patet ex cap. 4, & 5. *primi libri ſui, ubi dicit: Eos quibus Caput infirmum eſt, & aſſiduis lippitudinibus, gravedinibus, deſtillationibus & tonſillis laborant, nihil frigidæ æque prodeſſe poſſe, caputq; per æſtatem largo Canali aliquamdiu quotidie ſubjiciendum & perfundendum. Hinc aliquorum pueri qui bene ſani ſunt, ut tales eſſe preſerverent nudo Capite ab ipſes Crepundiis injuriis externis exponi permittuntur, ſecundum doctrinam præfati Cornelii Celſi, qui vult ut omnes qui & bene valent & ſuæ ſpontis ſunt, iis aſſueſcant, & non minus in reliquo vitæ regimine, &c.*

He alſo affirms, that it cures *Tooth-ach*, Inflammation of the *Eyes*, and by ſtanding in Cold Water above the Legs, it takes off the Pains of *Wind* and *Colick*; and for the curing of *Recent Wounds*, the Bitings of *Mad Dogs*, &c. he has a long Diſcourſe, and ſeems to back his Arguments with Two conſiderable Subſtantials, *Reaſon* and *Experience*.

He alſo has a very fine Diſcourſe of *Wine-Vinegar*, not only as moſt admirable in the *Plague*, both in Prevention and Cure, (if timely taken) but in the Caſe of almoſt all *Poyſons*, and eſpecially in that of a *Mad Dog*, which he compares to be much the ſame, as the *Poyſon* of an *Aſp*. And becauſe Dr. *Colbatch* has inſtanced a Caſe of a *Viper's Bite* cured by *Acids*, I think it

not impertinent here to recite it, though 'tis some Digression from my Text of Cold Water. *Cornelius Celsus. Nullum Aceto esse præstantius remedium, & Ratione a priori, & experientia ipsa contendit adjuncta adolescentis Historia, qui ictus ab Aspide cum esset, & se in Locum contulisset aqua & omni liquore destitutum, & casualiter Aceti langenam reperiens, eam evacuendo simul & semel & sitim intolerabilem & præsentissimum venenum extinxit.*

He commends the Herb *Pimpinella* steep'd in Vinegar, both in the *Plague* and other *Poysons*. And Colonel *Roiston*, a Gentleman of *Lancashire*, told me, That when his *Hounds* were at any Time bitten by a *Mad Dog*, he used to give them inwardly the Juice of *Dracuntia* with Vinegar, and also applied it outwardly to the *Bite*, and it seldom failed to Cure. But to my Business.

A Lady in *Lancashire*, of good Quality and Worth, having for some Years laboured under a Complication of Distempers, but chiefly *Nerval* and *Hysterical*, of a thin Habit, very Pale, a decayed Stomach, faint Sweats, and a low languid Pulse, came to *London* by Direction of Sir *Charles Scarborough*, unto whose Lady she was near related, and had in Consultation no less than Ten or Twelve *Physicians*; she had tried all things triable and probable, but fruitless and in vain; at length when almost at the Brink

of

of the *Grave*, by the Perſuaſions of Dr. *Tarborough* and my *Self*, ſhe was prevail'd with to go to St. *Mungo*'s, a very *Cold Spring* in *Yorkſhire*, and there couragiouſly immerging to a Miracle, was in leſs than a Fortnights time perfectly reſtored to her Health, and lived many Years after without any Relapſe.

And now I am on St. *Mungo*'s (which is a very cold and quick running Spring, but rather too ſhallow, it being not above three Foot deep, or very little more, and open at the Top, which is a fault,) having the good fortune to meet with that Worthy Gentleman, Mr. *Harriſon*, (at the Baths in *Somerſetſhire*) who is Owner and Proprietor of that *Well*, he was pleaſed to give me an Account of ſeveral great and conſiderable Cures, and thoſe to his own Knowledge; but for farther Confirmation, directed me to write into *Yorkſhire*, to the Miniſter of the Place, which accordingly I did, and here I will inſert the Sum of his Anſwer, *viz.*

Sir, I met with your's on my Road to *York*, *&c.* I here ſend you ſome few Inſtances out of many; but *Timothy Webſter*, who farms the *Well*, thereby having the better opportunity to obſerve the Cures done, can better furniſh you; in the interim be pleas'd to accept of theſe few Obſervations, *viz.*

Mrs.

Mrs. *Dorothy Coulſon*, Daughter of Mrs. *Ann Coulſon* of *York*, after the *Small-Pox*, got a burn on her *Foot*, upon which ſhe loſt all Senſation in her *Lower-Parts*, they becoming *uſeleſs* and *benumb'd*, by the Uſe of the Cold Water recovered, ſo that the next Summer ſhe walk'd from a Neighbouring Town, a full Mile off, to bathe in the *Well*.

Sir *Henry Slingsby*, late of *Red-houſe*, I going to ſee him, asked him, What benefit he found by Immerſion in the *Well?* He anſwered, I will ſhew you; upon which he laid his Hands upon the Arms of the Chair in which he ſat, (having loſt his Limbs) and raiſed himſelf Two or Three Inches from the Seat; but before the Seaſon was done, was able to walk very well; and Mr. *Harriſon* told me, That he ſaw him at *York*, and that he went up a pair of Stairs in half *Jack-Boots*, &c.

Ellen, the Daughter of *Michael Simpſon* of *Alborough*, was thro' her Lameneſs carried in a Chair by Two People, and is ſince by the Uſe of *Immerſion* perfectly recovered to Priſtine Health and Strength.

Margaret Smith came from about *Newcaſtle* in a Cripple-Cart, went on her *Hands* and *Knees*, but went on Crutches before ſhe went away; and the next Summer ſhe ſent us Word, that ſhe was perfectly well, and was in Service.

Mary

Mary Wharton of *Cockermouth*, came in a Cripple-Cart, she is now in *Copgrave*, and has been a Shearer at Harvest-work several Summers.

Your Servant to Command,

Copgrave, October 9. 1701.

J. Richardson.

I my self saw a Man at St. *Mungo* that had totally lost his Limbs, had such a *Torpor* and *Numbness*, that he could not feel an *Awl* or *Pin* run into his Flesh; yet before he went away, could feel a Fly touch his Skin, and I saw him catch a *Fly* on his *Leg* with his *Hand*; He was poor, and almost naked; he lay by the Well-side to receive good Peoples Charity, and went into the *Well* (by help) Four or Five Times in a Day.

The aforesaid Gentleman, Mr. *Harrison*, told me, That a poor Woman came to St. *Mungo*'s in a Cripple-Cart, having by a *Palsey* lost all her *Limbs*; she came from *Leverpool*, or near it, in *Lancashire*, and after some time she came to him, (being a *Justice* of the Peace) desiring a *Pass* to go home into her own *Country*, which is not much short of a Hundred Miles. He ask'd her, If she was not the Woman that came some time since in a Cripple-Cart? She replied, She was, and had been at Harvest-work near a Month, to get a little Money to carry her home;

home; but in case her Money should fail her, she desired his *Pass*. He ask'd her, How long time she would take to go home in? She said, That she thought she could go home in a Week very well: Which, said he, I much wonder'd at, and the more because I saw her in so weak and deplorable a Condition.

I knew a Gentleman, both in a *Palsey* and *Rheumatism*, but not so weak, but that he could sit on Horse-back, and that was as much as he could do riding, so that (by reason of his slow Pace) Night overtook him, and in the Dark he fell (Horse and all) into a deep Ditch of Water; he got hold of something by which he hung, until his Man went, at least a Mile, to fetch a Lanthorn, and brought People to his help, and being by their help remounted, he rode Two or Three Miles in his *Wet Cloaths*; being come home, he stript, went to Bed, slept well, and the next Day found that this Accident proved his Cure, for he got up and went about his Business very well. This Gentleman was a *Physician* himself, but his Distemper coming by the Treachery of the Bottle, being too much a good Fellow, he desired me to conceal his Name, when he gave me leave to publish the Case.

Dining at Colonel *Warwick Bampfield*'s House, at *Hardington*, in *Somersetshire*, with honest *Harry Moor*, an Apothecary, in *Bath*,

(a

(a true *Nathaniel*, in whom there is no *Guile*) a Woman brought in a *Child* about five Years old, it could neither *Go* nor *Stand*, but would fall all on a Lump like a Clout; (and to the beſt of my Memory, ſhe told me it never could ſtand) ſhe being but a poor Woman, ask'd my Advice, if any thing could be done in her Child's Caſe? I bid her dip it over Head and Ears in the coldeſt *Well* or *Spring Water* ſhe could get, three or four times in a Day, which the poor Woman accordingly did; ſome time after that, I being come again to the Colonel's Houſe with Mr. *Moor*, the Woman came into the Parlour with the Child running in her Hand, to my great aſtoniſhment; for at that time, when I advis'd the Cold Water, looking upon the Caſe as deplorable, I little thought it would cure it.

The Caſe of Dr. *Gould*'s Son-in-law (now a hopeful and ingenious young Gentleman) is ſo well known, that I need not mention it, it being a *Chorea*, call'd St. *Vitus*'s *Jig*, with ſtrange Geſticulations, was perfectly cured by *Cold Water*. Which Dr. *Pierce* in his *Bath Memoirs*, has mention'd.

A Youth aged about Twenty Years, long troubled with a ſtubborn *Quartan Ague*; after many Medicines tried in vain, went into the *Cold Water* juſt upon the Acceſſion of the *Fit*, and at one Immerſion was perfectly

fectly cured; but to prevent Returns, he continued it some time.

I have known several cured by Cold Immersion in all sorts of *Agues*, which I affirm to be done by the effect of *Concentration*, *Pressure*, and *Contraction*, (of which in another place) and not thro' *Fear* or *Fright*, because good Swimmers, where there has been no *Terror* or *Apprehensions* on the *Mind*, have been perfectly cured.

Mr. *Hugh Hammersly*, an Eminent Goldsmith in the *Strand*, near *Somerset House*, had a Daughter cur'd in a Nerval Case where there was an *Aphonia*, a total loss of *Speech*; she was by Cold Immersion in 15 Days perfectly cured: This Case is well known to Dr. *Gibbons*, Dr. *Gould*, and several others.

Of the Cure of *Weak Limbs* and *Rickets* in Children, I could give you a hundred Instances.

James Crook in *Conduit-Court*, in *Long-Acre* over against the *King*'s *Bagnio*, having both *Dropsy*, *Jaundice*, *Palsy*, *Rheumatick-pains*, and an inveterate old *Pain* in his Back, (aged about 56 or 57 Years) which Pain had been upon him 6 Years: He was a poor Man; and formerly (as he said) was a Coachman to his Grace the Duke of *Beaufort*: This Man was cured to a Miracle; for in three times going into the *Cold Baths*, the Swel-

Swellings in his Legs were totally abated and gone, together with that old Pain in his *Back*, as also the *Jaundice*, blowing from his Nose a great Quantity of a *Bilious* yellow Matter.

☞ Note, *That in the* Dropsy, *especially the* Anasacra, *the Cure may be solved by supposing, that the* Frigidity *and* Pressure *of the Water, restringing and contracting the whole* Body, *squeezing equally alike, from the* Peripheria *to the* Center, *the* Morbid Fluid *was forced from the* Habit *into the* Channels, *and by Secretion thrown off by* Urine; *which was this Case, for he* pissed *much more than he* drank; *but how the* Icterick *matter should be thrown off by the* Nose, *he that will tell me that*, Erit mihi magnus Apollo.

Mr. *Tonstal*, belonging to the *African House*, from a Bed-rid Cripple, was perfectly cured in a short time. I think he told me, he got his Lameness by being Shipwrackt, and lying upon a Plank too long in Salt-Water.

A *Scotchman* in the *Dropsy Ascites*, was in a fair way of Recovery when I came from *London*, *May* 29th, 1701. and since I hear that he is cured: He shew'd me his *Girdle* with which he made his Observation, and in five Days he has fallen almost *six Inches*, and began to *Piss* freely.

Mrs.

Mrs. *Ride*, Daughter to Mr. *Knight* of *Spittle-Fields*, who was so *Deaf* that she could not hear the *Bells* ring in the Steeple, though she passed under them, in a little time was so cured, as to hear the *Clock* strike at half a Mile's distance. She had also a *Hemiplegia*, in which she found much Benefit, but not cured.

The Case of Mrs. *Wats* of *Leicester*, is most remarkable, who from a *Skeleton*, through an ill Habit, *decayed Stomach*, *Hysterick*, &c. and so tender that she could not endure the *Wind* to blow upon her; by the use of *Cold Immersion*, is become Strong, Vigorous, and Healthful; and as I am told, is hardened to that degree, that she walks any where in any Weather, without *wrapping*, or *catching Cold*.

Capt. *Jewell*, a *Dane*, with an incessant Pain in his *Stomach*, for a long time, *Melancholick*, and *Hypochondriack*, after many Essays by other means, was perfectly cured by *Cold Immersion*, in Mr. *Bayn*'s Bath in *London*.

And here Note, ☞ that I have observ'd in several Persons afflicted with old inveterate Pains of the Stomach, when neither *Bitters*, *Aromaticks*, Burnt Wine, or strong Waters, nor Anodyns, as Opium, *&c.* nor external Applications, such as Sponges, Fomentation, Embrocations, *&c.* has all fail'd,

Cold

cold Water by continual Application to the Part, for an Hour or two, has not only given Eaſe, but in a little time has made a compleat and perfect Cure; the Stomachick Pains when very pungent, are more exquiſite than any, by reaſon of the Senſation of its Membranes interwove with ſo many nervous Plexures. This Captain *Jewel*, by many Phyſicians was ſuppos'd to have an *Ulcus in fundo Ventriculi*, for his Pains were never off totally, tho' more ſevere in the Night; they began to encreaſe upon him towards Sun-ſet, and held him (in unſpeakable Torture) until towards Sun-riſing, all which time he ſat up in his Bed, rocking and groaning, *&c.* but thro' God's Bleſſing on the Means, he was cured by the Cold Bath, and in publick Prayers return'd God Thanks for the ſame.

Mrs. *King* at the Sign of the *Royal Exchange*, in *Leather-Lane*, *Holbourn*, lame for a long and conſiderable time, (I think two or three Years, to the beſt of my remembrance her Husband told me ſo) ſo lame that ſhe could not ſtir, but as ſhe was lift in a Chair; it was long e'er ſhe could be perſuaded unto the uſe of the *Cold Bath*, but after a few Immerſions, ſhe got *Strength*, and now is ſo well as to walk about her Buſineſs.

Mr. *Baynes*, who lives at the *Cold Bath*, ſhew'd me a ſort of *Regiſter*, which he kept, of ſeveral ſorts of Cures, ſuch as *Aſthmas*, *Rheumatiſms*, *Rickets*, *Running Gouts*, and moſt Diſeaſes in the *Skin*; and it ſeldom or never fails in that curſed Diſtemper that uſually afflicts the fineſt Women, the *Fluor Albus*.

There is lately diſcovered a Plant boiled in Broth or Milk, which ſeldom fails of Cure in that Caſe.

Now, *Sir*, I could give you an hundred ſuch *Precedents*, which would be too long and tedious, (and to ſmall purpoſe:) I will now proceed to two or three very great and moſt conſiderable Cures, the *Rariora*, and ſuch as crown *Pſychroluſia*, and are almoſt incredible, but known *longe lateque* to all the Country.

The firſt is that great and wonderful Cure, done on Mr. *Samuel Crew* of *Lacock* in the County of *Wilts*, taken *verbatim* from his own Letter, which Letter was written in the Preſence of Mr. *Edward Montague* at *Leckam*, one of the pleaſanteſt Seats in *England* for Wood and Water, and was 400 Years in my Family of *Baynard*, until lately loſt from the Name in the Heir General, where, according to Mr. *Camden*, has been great Store of *Roman* Coins and Urns found; and in my Time I well remember ſeveral

Pieces of *Roman* Heads and Inscriptions found by Servants and Workmen digging up and down the Grounds, *&c.* Mr. *James Montague*, now the present Possessor, knows this Relation of Mr. *Samuel Crew*'s to be literally true, Mr. *Crew* being both his Tenant and Neighbour; and he saw him in the time of his extream Illness, tho' not visited him so often as his Brother *Edward* deceas'd had done, *&c.*

The Letter is as followeth.

'THE said *Samuel Crew*, about 2 Years 'since, was seized with a most intole-'rable Pain in my right *Elbow*, from thence 'the Pain went into the *Insteps* of both 'Feet, thence into my other *Arm*, and the 'lower end of my *Back-Bone*, thence into 'the Nape of my *Neck*; but after it had 'seized my Neck, it spread all over me, not 'only in my *Joints*, but *Flesh* also, inso-'much that the Calf of my *Leg* was *con-'tracted* as hard as any *Iron Wedge*, and so 'continued three Quarters of a Year, with 'such racking Pains as are inexpressible; 'my *Belly* seem'd to be clove to my *Back-'Bone*, insomuch, that it was all hollow, 'like a *Dish*, and would hold Water when 'I lay upon my Back; my *Fundament* was 'drawn up three or four Inches into my 'Body, and I was grown so *thin*, and ex-

'tream poor, that I was *raw* and *galled* 'with lying, and *lowſy* with Poverty of '*Fleſh*, and had ſuch Pains in my *Ears*, that 'if a red-hot Iron had been run into them, 'they could not have been worſe. I lay 'upon my *Back* half a Year, not being able 'to ſtir or move *Hand* or *Foot* in all that 'Time. In ſhort, the Pain did ſo diſtract 'me, that I hollow'd and hoop'd like a '*Madman*, with Extremity of *Miſery*, in-'ſomuch that I really thought *Hell* could 'not be worſe; nor is it poſſible for any 'Tongue to tell, or Pen to write, the Mi-'ſeries I endured. I was worn to a meer '*Skeleton*, and when I went to *Stool*, which 'was once in four or five Days, and then for-'ced by purging Syrups, *&c.* no Woman 'in extream Labour could have more Pain, 'cauſed thro' the Contraction of my Fun-'dament. I had ſeveral able *Phyſicians* 'with me, to whom my Caſe is well 'known; they preſcribed me *Purging*, '*Bleeding* much, and very often; they *ſweat* 'me a whole Month together; I took *Viper* '*Powders*, *Crabs-Eyes*, *Pearl-Cordials*, *Sal* '*Volatile*, Spirit of *Sal Armoniack*, Spirit of '*Harts-Horn*, *Oyl of Tartar*, and ſeveral 'other *Drops*, and all the Wood-drinks, 'and all to no Purpoſe. I went to the *Bath*, 'and there bathed, which ſo encreaſed my 'Pains, that I am well ſatisfied, one Eſſay

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'more in the Bath would have coſt me my 'Life, even in the Waters. At laſt, meeting with Dr. *Baynard*, he perſuaded me 'to go into *Cold Water* over Head and Ears 'every Day faſting, and uſe the Decoction 'of *Wild Sage*, *Ground-Ivy*, *Ground-Pine*, 'Germander, and a little *white Hoar-Hound*, 'acidulated with *Crab-Verjuice*, for my conſtant Drink, which I did, and in ſix Days 'Immerſion in the Water, and uſing the 'Drink, I was ſo well as to walk about my 'Grounds, all my Pains inſenſibly vaniſh'd, 'my Stomach, which was quite loſt and decayed, was reſtored; I got *Strength*, ſlept 'ſound, my *Fleſh* came on, and my *Colour* 'came into my *Face*.

'All this is well known to the Neighbourhood, and Country round, which 'with my humble Acknowledgments to '*Almighty God* for this my great *Cure*, I atteſt to be literally true.

Witneſs my Hand,

Given at Mr. Montague's *Houſe at* Leckam, *June* 2d, 1696.

SAMUEL CREW.

The next *Caſe* that I ſhall offer you, is one altogether as ſurprizing as that of Mr. *Crew*'s, and much more, conſidering how inſtantaneouſly it was perform'd; and indeed it was a Cure of that moment, that the Learned Mr. *William Baxter* thought it worth inſerting in his Criticiſms upon *Ho-*

race, Epist. XV. where you have the History of that bold Undertaking of *Antonius Musa*, the Physician, to immerge the Emperor *Augustus* in Cold Water; *Nam cum dolore Arthritico laboraret, & ad summam maciem perductus esset, &c.* which had such happy Success, that the Senate rewarded him with a profuse Sum of Money: And *Suetonius* says, That the Emperor order'd his Statue to be erected in the Temple of *Æsculapius*, &c. But as to this great Case, I will give you Mr. *Baxter*'s own Words, *viz. Rusticus quidam Cognomento Plumbarius in vico vernaculo appellato* Harrow on the Hill, *quod est* Herga *sive* Castra super Colle; *qui quidem vicus satis notus est in medio saxonum nostrorum Pago; præsertim vero nobis qui in sacro isto monte Musas primum adivimus. Laborat hic vir sesquimestri fere spatio immanibus Arthriditis vagæ, Paralyseos, atque etiam spasmatum doloribus, adeo ut neque Pedibus insistere valeret; Plurimis autem incassum tentatis Remediis, imo & Merculiali saliva inutiliter mota misellus iste tandem (incredibile dictu) ab omnibus istis tam sævis symptomatibus, vel unica in frigidas nostras immersione ex toto liberatus, ad integram sanitatem restitutus est, jussus tamen firmioris efficaciæ causa iterato bis terve in easdem Aquas se demittere.*

In this Case there was one Passage omitted, which I believe Mr. *Baxter* had no Cognizance

nizance of; for Mr. *Robert Montague*, a worthy Gentleman, who often uſes *Cold Baths* himſelf, and that in the very Extremity of Winter, as well as in milder Seaſons, told me, (for I was not preſent the firſt time he was plung'd in) That with Extremity of Pain when he was ſtir'd, he ſaw the *Sweat* run down the ends of his *Fingers*, and that three or four luſty *Men* were ſtript to help him in, and after the ſpace of two or three *Minutes* (if ſo long) his Pains were abated, and the Man able to come up the Steps himſelf, and in three or four Days (altho' a Coach came for him) yet he walked ſome Miles towards home on Foot, without any Help, *&c.*

I remember that a *Lady* of very great Quality of *Scotland*, and nearly related to his Grace, Duke *Hamilton*, told me (about 4 or 5 Years ſince) that ſeveral of her *Sons*, tho' born ſtrong luſty *Children*, yet pin'd, dwindled, and fell into *Convulſions*, and died in a little time; and that a *Highland* Woman adviſed her either to waſh or bath them in *Cold Water*, (I have forgotten which) and accordingly the *Lady* did ſo, and ever after her Children thriv'd, and did well, and are now luſty ſtrong *young Men.* This, I having had the Honour ſince to wait upon his Grace, Duke *Hamilton* affirm'd to me to be true, for the *Lady* was

his own Sister, and Wife to my Lord *Murray*.

In *Fevers* I have known a great many in my Time, who by the over-Care of their *Health-wrights* were made *delirious*, and in their *Frenzy* have leap'd into a *Pond*, or any other *cold Water*, and not *one*, as ever I heard of, ever got any Harm, but were thereby presently cured. And Dr. *Willis*, I remember, instances a Case or two, wherein they have recovered by immerging into *Cold Water*, either by Accident or Distraction. And lately I saw at Mr. *Charles Frubshaw*'s in *Salisbury-Court*, a Servant Maid, who not long before being delirious in a most intense Fever, got loose and leap'd into the River *Thames*, but being soon taken up by a Boat was brought home in her wet Cloaths, who no sooner being stript, and dry Cloaths put on, but she went about her Business, and was as well as ever she was in her Life. I had often heard this Story in the Neighbourhood, but being curious in the thing, I sent for the Maid, and had this Relation from her own Mouth.

A learned and ingenious Gentleman, a *Doctor of Laws*, now living, told me, That being light-headed in a *Fever*, and most intensly *hot* and *thirsty*, got from his *Nurse*, and rush'd into a *Horse-Pond* in the Yard, and

and there ſtaid above half an Hour; it brought him preſently to his *Senſes*, and allay'd both his *Heat* and *Thirſt*. After which, when in Bed, he fell into a ſound Sleep, and when he awak'd (in a great Sweat) he found he was *well*, but complained of a great Pain in his *Head* for ſome Time after, which he himſelf thinks proceeded from not *wetting* his Head.

Mr. *Carr*, the preſent School-Maſter of *Marlborough*, told me, That he recovered when given over in a *Fever*, by drinking a large Quantity of cold *Spring-Water*. And that I have known in twenty ſuch Caſes in my time, but that is not to be depended upon, for ſome have alſo recovered by a quite contrary Method, as drinking ſtrong fermented *Liquors*, as *Cyder*, *Sack*, *Claret*, &c. in large Quantities. See *Harmanus vander Heyden de uſu aq. fontanæ & ſeri Lactis.*

A *Turk* (a Servant to a Gentleman) falling ſick of a *Fever*, ſome one of the *Tribe* of *Treacle-Conners*, (being call'd in) whether *Apothecary* or *Phyſician*, I can't tell, but, (according to Cuſtom) what between *Bliſter and Bolus*, they ſoon made him *mad*. A Countryman of his, that came to viſit him, ſeeing him in that *broiling* Condition, ſaid nothing, but in the Night-time, by ſome confederate *Help*, got him down to

the *Thames-side*, and soundly *duckt* him: The Fellow came home sensible, and went to Bed, and the next Day he was perfectly well. This Story was attested to me by two or three Gentlemen of undoubted Integrity and Worth; and I doubt it not, but believe it from the greater Probability; for I'll hold ten to one on the *Thames-side* against *Treacle*, *Snake-root*, &c. and all that hot Regimen, which inflames and exalts the Blood, breaks its Globules and destroys the Man, and then forsooth the Doctor sneaks away like a Dog that has lost his Tail, and crys it was a pestilential malignant Fever, that no Body could cure, and so shews his Care of the Remainder, bids them open the Windows, air the Bed-cloaths, and perfume the Room for Fear of Infection, *&c.* And if he be of the right whining, canting, prick-ear'd Stamp, concludes as they do at *Tyburn*, with a mournful Ditty, a Psalm, or a Preservative Prayer for the rest of the Family, *&c.* so exit *Prig*, with his starcht formal Chops, Ebony-Cane, and fring'd Gloves, *&c.*

Dr. *Tarborough* told me, That his Kinsman, Sir *Thomas Tarborough*, sent him a Letter from *Rome*, wherein he gave him an Account of a *Footman* of his, who when delirious in the *Small-Pox*, got from his Bed, and in his Shirt run into a *Grotto* of a Cardinal's, where there was Water, in which he plung'd himself, but was presently got out;

out; the *Small-Pox* seem'd to be *sunk* and *struck* in, but upon his going to Bed they came out very kindly, and he safely recovered.

But my worthy and learned Friend, Dr. *Cole*, shew'd me an Account from an Apothecary in *Worcestershire*, whose Name (I think) was Mr. *Matthews*; the Substance of which was, That a young Man delirious in the *Small-Pox*, when his *Nurse* was asleep jump'd out of Bed, run down Stairs, and went into a *Pond*; the Noise awak'd the Nurse, who follow'd with an Outcry, which Outcry raised the *Posse* of the Family, who surrounded the *Pond*, but he parled with them, and told them, that if any body came in, he would certainly *drown* 'em, and that he would come out when he saw his own Time; and accordingly did so, and walkt up Stairs, and sat (in his *wet* Shirt) upon a Chest by the Bed-side; in which Posture Mr. *Matthews* found him when he came into the Chamber. *Note here*, That the *Apothecary* liv'd three or four Miles from the Place, and he was in the *Water* and on the *Chest* all that while in his *wet Shirt*, that the Messenger was gone for him. This *Apothecary*, Mr *Matthews* (for so I take his Name) ask'd him, How he did? He answered, Pretty well. He ask'd him, If he would have a clean Shirt, and go into Bed?

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He said, By and by he would; which accordingly he did. When in Bed, he ask'd the Apothecary, If he had nothing good in his Pocket, for he was a little faintish? He said, That he had a *Cordial*, of which he drank a good Draught, so went to Sleep, and awaked very well, and in a little time recovered. Now, as Dr. *Cole* observ'd very well, A Man, quoth he, would not advise his *Patients* in such a Case to go into *Cold Water*, though this Man escaped without Injury; but it gives a good occasion to reflect on the many Mischiefs that attend the *Small-Pox* in the *Hot Regimen*, since such extravagant and intense *Cold* does so *little* or no *Harm*.

Dr. *Dover*, of *Bristol*, told me of a Vintner's Drawer in *Oxford*, that in the *Small-Pox* went into a great Tub of Water, and there sat, at least two Hours, and yet the Fellow recovered, and did well.

A Gentleman delirious in the *Small-Pox*, run in his Shirt in the *Snow*, at least a Mile, and knock'd them up in the House where he went, they being all in Bed, the *Small-Pox sunk*, yet by the Benefit of a Loseness he recover'd.

I remember about two Year since, a learned Gentleman, a *Divine*, told me, That in the Country, where he was Beneficed, in a small Town, not far from him, many

many died of a *Malignant Small-Pox*. A certain *Boy*, a Farmer's Son, was seized with a Pain in his *Head* and *Back*, vomited, was feverish, *&c.* and had all the *Symptoms* of the *Small-Pox*. This Youth had promised some of his Comrades to go a Swimming with them that Day, which notwithstanding his Illness, he was resolved to go, and did so, but never heard more of his *Small-Pox*. Within three or four Days, the *Father* was seiz'd just as the *Son* was, and he was resolv'd to take *Jack*'s Remedy; his *Wife* dissuaded him from it, but he was resolv'd upon it, and did immerge in *cold Water*, and was after it very well. The worthy Gentleman that told me this Story, promised to give it me in Writing, with the Persons Names and Place; but I neglecting of it, he went out of *Town* in two or three Days, so I lost the Opportunity of being better inform'd.

Mr. *Lambert*, Brother to my worthy Friend, Mr. *Edward Lambert* of *Boyton*, in the County of *Wilts*, told me, That when he was at School in *Dorsetshire*, at least thirty or more of the Boys, one after another, fell sick of the *Small-Pox*, and that the Nurse gave them nothing else but *Milk* and *Apples* in the whole Course, and they all recovered. There was but one dissenting Boy from that Method, who by Command

mand from his Parents, went another Course, and he had like to have died; nay, with very great Difficulty they saved his *Life.* And since another Gentleman told me, That himself, and divers others, were cured by Milk and Apples, and butter'd Apples, in the worst Sort of *Small-Pox.*

I was at *Chiswick*, and sometimes in *London*, in the time of the great *Plague*, in the Year 1665. and I very well remember, that it was the Talk of the Town, that a Brewer's Servant at *Horsleydown*, in *Southwark*, was seized with it, and in his *Delirium* run into a *Horse-Pond*, first drank his Fill, and then fell fast asleep with his Head upon the Pond's Brink, where he was found in the Morning; how long he had been in the Pond, no Body knew, for it was in the Night he went into the Water, and had no *Nurse* then with him, but he recovered to a Miracle.

I heard also about that Time of a Nurse taken with the *Plague*, that accidentally fell into a *Well*, somewhere near *Acton*, and was immediately brought to her Senses and recover'd. I was told this by some *Acton*-men.

Note, That during the Time of the *Plague* there was such a general *Calm* and *Serenity* of Weather, as if *Wind* and *Rain* also had been banish'd the Realm; for, for many Weeks

Weeks together I could not obſerve the leaſt Breath of Wind, not enough to ſtir a Weather-Cock or Fane; if any, it was Southerly: the Fires with great Difficulty were made to burn, I ſuppoſe, thro' the great Scarcity of *Nitre* in the *Air*; there fell abundance of *Mildews*, and the very Birds would pant for Breath, eſpecially *Crows*, *Kites*, &c. and I obſerv'd them to fly more *heavily* than at other Times. It was obſerved alſo, that ſuch as dwelt in *Water-Mills*, and kept home alſo, *Watermen*, *Bargemen*, &c. that were imployed on the *River*, were not at all, or rarely infected with the *Plague*. I remember that I heard an Apothecary ſay, (I think it was Mr. *Thomas Soaper*) who lived then on *London-Bridge*, (an ingenious, ſober Man) that there were but *two Perſons* died on the Bridge in the whole Time of the *Viſitation*. The Truth of this may eaſily be inquired into, there being many Men now alive, that then lived on the *Bridge*, or near it. And I have been lately told, by ſeveral eminent Men, living on *London-Bridge*, that they have obſerved, that for the Quantity of Houſes, that the Bridge ſcapes better than other Parts of the City, in any contagious Time whatſoever; as alſo Fiſhmongers on the Hill, are generally healthful; which muſt proceed from the much uſe of and dabling

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in cold Water, which continually evaporating, and arising, moderates the Heat and Ferments of the Air, rendred insalubrious by so many Heterogeneous Exhalations, *&c.* which must arise from so many Sinks, Bog-houses, and other cadaverous Fumes, which cannot be avoided in so great, populous, and large a City, *&c.* At that Time People were generally *faint*, and proclive to *Sweat*, creeping low *Pulses*, but when first infected, very high. Dr. *Hodges*, an eminent *Physician*, then in *London*, Author of an ingenious Book, *De Peste*, with whom I used to drink a *Bottle*, told me, That he distinguished the *Plague-spots* from those of the *Scurvy*, by running a *Pin* up to the Head in them, for they were mortified and indolent, *&c.*

Now how *cold Water* should cure the *Plague*, is past my *Philosophy*; but if these Relations were true, we must concede to it, for there can be nothing said against *Fact:* Now a sudden *Plunge* and *Immersion* into very *cold Water*, where there is a great Quantity of it, must be the greatest *Alterative* in Nature, for it must give a new Motion to all the Spirits, both from its *Frigidity* as well as *Pressure*, by driving them from their *Posts* to another *Action*; for I conceive *Life* to be an actual *Flame*, as much Flame as any culinary Flame is, but fed with its pecu-

peculiar and proper *Pabulum*, made out of the *Blood* and *Spirits* for that Purpose: and my Reasons are these, *viz.*

First, *Life* is as extinguishable as any other *Flame* is, by excluding the *Air*, &c. for hold your Handkerchief close to the Mouth and Nose of any *Animal* that has Lungs, and *Life* is put out, the Creature is dead in a *Moment*; there is no Skin broke, nor Bone broke; no Wound, nor Bruise; there is your whole Man, but dead he is.

Secondly, No Flame will burn without *Aerial Niter*, or a *Quid Aerium*, whatever it be; some will have it a mix'd *Gas* of Niter and Sulphur; but whatever it be, 'tis *causa sine qua non*, something without which no *Flame* will burn: and that the *Lungs* serve to this Use, and are *Air-Strainers*, is very clear to me, by that Experiment of the *Candle* and two *Puppy-Dogs*, put into a great Oven, and stopt close up with a *Glass-Door* to see thro'; and in a little Time, when they had suck'd in some, and the Candle wasted the rest of the *Niter*, the *Dogs* died, and the Candle went out with them at the same instant*.

That *Fire* burns fiercest in intense *Frost*, is past all Dispute, which must be allowed to proceed from the vast Quantity of *volatile Niter* then in the

* Note, *This Experiment of the Dogs and Candle, I did not try my self; but have very good Authority for the Truth of it. Those that doubt it may try it.*

Air. Hence came the Use of *Bellows* to draw the Aerial Niter in at the *Valve* or Clack, (placed in the middle of the under Battle-door of the *Bellows*) which closing by the *Pressure* of the *Hand*, squeezeth it out of the *Rostrum* or Nose, together with the Air its Vehicle, so forces it by the Blast into the *Sulphur* of the *Coal*; which Action by their Union makes *Accension*, or that which we call kindling. Now all *Ustion*, as the *quid inflammabile* wasts, leaves by Incineration *alcalious* and *caustical* Salts, either fix'd or volatile, which from their Figure or imbibed Fire, become of a pungent *corrosive* Nature, and fix upon the *Membranes*, being *nervous*, and most exquisite of Sense and Perception, which by Irritation cause a light *Inflammation*, which Inflammation is called *Thirst*; which Salts hang on all the Membranes less or more, but chiefly about the *Mouth* and *Tongue*, there being most Harbour and Shelter for them, by reason of its downy and lanuginous Membrane; which *Salts* are melted and wash'd off by *Drinking*, the grosser by *Stool* with the solid Excrements, but those of more *volatile* and *subtil Particles* creep with the *Chyle* into the *Blood*, and have no Way out but by *Urine*. Hence Water is the best *Menstruum* to dissolve *Salts*, and that which is most simple and elementary is the best

* *Water*,

Water, as leaſt impregnated; ſuch Waters waſh off and diſſolve their Points and Angles, by which they prick, ſheath and invellop them into their own *Pores*, and with themſelves run them off by *Urine*, and if ſo forced by *Heat* and *Motion*, as to diſturb them in their Paſſage, the Current of *Urine* is check'd, and the *Salts* leave their Hold of the Water, ſhoot their Vortex, and from the *Channels* get into the Habit of the *Body*, which if not diſſolved, melted, and thrown off by *Sweat*, they inflame and cauſe *Fevers*, &c. nor will they ceaſe their Action and Inquietude, until totally *diſſolv'd*, or forced back into their common *Paſſages*, and the Salts precipitated and run down by *Urine*; for I look upon the *Pores* and *Sweat-vents* as ſo many *Back-doors* and *Sally-ports*, by which Nature drives out the *Enemy* crept into her *Garriſon*. This Truth is demonſtrated in all *Fevers*, where the *cauſtical Salts* are not waſh'd off, but remain behind on the *Glands* and *Membranes*, forſaken of their diſſolving *Menſtruum*, the Water, *&c.* which that ingenious Chymiſt, Mr. *George Moult*, by Chymical *Analyſis* made appear in ſix Quarts of *Febrile Urine*, which I ſent him, and he found but the thirtieth Part of thoſe Salts uſually found in a ſound Man's *Urine*; ſo that of Neceſſity they muſt remain behind, and be left (like ſo many

French Dragoons) to quarter on the Blood and Spirits at *Discretion.* The History of which is printed in the Philosophical Transactions some Years since.

Now, that which we call insensible *Perspiration* is nothing else but the *Smoak*, made from this vital *Flame*, and the Pores are the *Spiramenta* through which it passes, and when these are *stop'd*, the *Smoak* is return'd, and the Flame becomes *reverberatory*, which sometimes is necessary to force an Obstruction, *&c.* for the *Body* has its *Registers* and *Vent-holes* as well as other *Furnaces*; and in this Case *cold* Water is the best Method of doing it, which must not be continued too long, for Fear of Extinction in very weak Bodies; tho' I am apt to believe, that upon a total Occlusion of the external *Pores*, a great Part of that *Smoak* goes thro' the *Lungs*, and out of the Mouth, otherwise Men could not continue so long in *cold Water*, as some Ship-wreck'd Men have done: And to prove this, if when you are up to the *Chin* in *cold Water*, you breath thro' a short *Trunk* or hollow *Cane*, your Breath shall soil a *Looking-Glass* at almost twice the Distance, as it shall, when the Pressure is taken *off*, and you out of the *Water*, &c. But to proceed, these *Salts* sometimes *crystallize*, so that the common *Menstrua* will not touch them no more than

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a File will *Steel* or hardned *Iron*, and then it is a true *Diabetes*, (and here the Physician is at his Wits End, and that no far Journey;) then hey! for Lime-water, Quince-wine, and other Restringents, which if it were possible, would rather make a *Coalescence*, and tye the Knot the harder; no, the Cure lies in Solution, by melting down the Salts, which must be done by open, raw, and unimpregnated *Menstrua*, such as the *Bristol* Waters are, as most *simple*, having the least *Contents* in them, they being nothing else but Waters distill'd by Subterranean Heats in those vast mountainous, rocky *Caverns* and *Ovens*, and finding Lodgments and Gutters in the Clefts of those hollow Rocks, which when full, run over, and by Circulation and constant Distillations, are perpetually supply'd, and make a continual *Spring*, &c. But more of this in another Piece I design to publish, when my other Occasions will give me Leave. I shall here only add two Letters from Mr. *Mott*, to my ingenious Friend Major *Hanbury*, concerning the wonderful Cure of the *Gout* in Sir *Henry Coningsby*, as also an Account from Sir *Henry* himself to Mr. *Mott*, which I now have sent last Post to me from the Major.

From Mr. Mott *to Major* Hanbury.

SIR, Bewdly, June 3. 1701.

YOurs of the 24th of *May* I received, but it had the Misfortune to come by the *Lame Poſt*, or elſe you had ſooner received an Anſwer, *&c.* Yeſterday, according to your Deſire, I waited on Sir *Henry Coningsby*, who gave me as pleaſant and as agreeable Entertaintment, as could have been expected from an ingenious Gentleman of Thirty Years of Age, had he not wanted the Uſe of his *Legs*, which is the only Deficiency in him, his *Intellects* being as ſound and firm as ever, which you may partly perceive by the Account he gives of his *own Caſe*, written with his *own Hand*. He is now in the 88th Year of his *Age*, and yet takes away 16 or 18 Ounces of *Blood*, once every three Months, and drinks nothing but *Spring-Water*, and now and then a little *Brandy*. He farther acquainted me, That his Fingers and Toes being full of *Chalk Stones*, (the Remains of Gouty *Paroxyſms*) they were totally *diſſolved* and *gone*, and thoſe Parts reſtored to their natural Size by the Uſe of his *Cold Bath*, which the old Knight is poſitive will infallibly cure that Diſtemper in any Perſon, he having had no Fit for ſeveral Years.

Theſe

These, *Sir*, are the most material Things I could inform my self of, and in any Thing else, *&c.* command,

SIR,

Your much obliged humble Servant,

T. MOTT.

From Major Hanbury *in* London *to Dr.* Baynard *at the* Bath, June 10*th*, 1701.

Dear Doctor,

THIS I have received from Mr. *Mott* of *Bewdly* in *Worcestershire*, within three Miles of Sir *Henry Coningsby*'s: I wrote to Mr. *Mott*, not being sure that Sir *Henry* was living, but he is, and I have sent you a Paper writ with his own *Hand*, being his own *Case*.

His Weakness now in his Legs, is from his *Age*, and former *Gout*, but not in the least *Paralytick*: I wish this come in your Time. If you have received this, let me know by a Line directed for me at *Richard*'s Coffee-House, *Temple-Bar*.

I am your faithful, *&c.*

JOHN HANBURY.

A Letter from Sir Henry Coningsby *to Mr.* Mott, *giving an Account of his own Case, and written by his own Hand.*

WHen I was about thirty Years old, all my lower Parts were seized with a *Numbness.* I applied my self to the *Doctors*, such as Sir *Theodore Mayerne*, Dr. *Winston*, Dr. *Prujean*, and others the most eminent of that *Age*, they all said that it was a *Paralytick Case.* Dr. *Mayerne* said it must be fetch'd *ab intimis ac interioribus.* They ply'd me with several *Medicines* and *Sweatings*, but would not let me *Blood*, which so firmly fixed the Distemper, that I had no outward *Feeling*, insomuch that *Nettles* would not *sting* me, nor outward *Heat*, as Cloaths, *&c.* could make me warm. I continued under their Hands some Years, still for the *worse*, indeed I could lamely walk, but rather by *Custom* than *Sense.*

Thus tired in *Body*, *Mind*, and *Purse*, I gave them over, and resolv'd upon just *Contraries*; I let *Blood* once a Month, used all the *cold* Means; I went into the *cold Spring* at all Times of the Year, but first in the *Summer.*

The first Time I went into the *cold Spring* it blotch'd me in one Place, and so every Day

Day more and more by *Pimples* rising, and then drying away. It gently *excoriated* the first *Skin*, opened the *Pores*, and restored me to natural *Heat*, and so ever since I have continued my own *Doctor* for this Forty Years.

☞ *Note*, That I first went to St. *Winifred's Well* for a Month, but for Want of Faith, her *Saint-ship* did me no Good nor Hurt; but the first Time I went into the *Well* in my own Garden, I found the happy Operation.

HENRY CONINGSBY.

My Service to Mr. Hanbury.

Vera Copia.

A Letter from Dr. Bettenson *of the* Bath *to Dr.* Baynard, June 17*th*, 1701.

Dear Doctor,

UNderstanding that you are writing something concerning *cold Immersion*, I thought it not impertinent to give you an Account of what happen'd to a Servant of mine, that had been troubled with a Cough, which himself, and all that knew him, thought would in a little Time put an End to his Life. He had it about a Quarter of a Year, or somewhat longer, without any

any Relief from what he had taken; but going over a narrow Bridge in frosty Weather, he fell over it into the Water, covered with Ice, in which he stood with his Mouth just above the Water, and made his way out as soon as he could; when he came home he got a warm Shirt, took some Broth, or other warm Liquor, slept well that Night, the next Day found his Cough almost gone, and within a very few Days was altogether free from it. He is a sober, creditable Fellow, yet living, and can attest the same. This happen'd before I knew him. I am, Doctor,

Yours,

R. BETTENSON.

The same Man having the *Small-Pox* when he was a School-Boy, after they had been out a Day or two, rose out of his Bed, put on his Cloaths, and played with other Boys, on which the *Small-Pox* disappear'd, a Purging followed, and continued a Fortnight, by means of that he escaped and was well.

A Gentleman that was my Patient here last Year, told me, That about Three Years since he had taken Cold, on which follow'd a Cough and Shortness of Breath, this continu'd about a Quarter of a Year, he spit with it, and was emaciated and weaken'd so

ſo much, that he walked very feebly. Going to ſee ſome Friends near St. *Mongah*'s Well, he bathed there, and in three or four Times doing ſo, was freed from his Cough, and in a ſhort Time recovered his Fleſh and Strength, *&c.* as by bathing in theſe hot Baths, and drinking theſe Waters, he recover'd that Pain and Weakneſs of Limbs, which Rheumatiſm and Scurvy had left, *&c.* and I heard lately he is very healthful and well.

R. BETTENSON.

My Dear Doctor,

ACcording to your Commands I have (though very imperfectly) ſent you the beſt Account of the Cold Bath's Virtues receiv'd by ſeveral of our Pariſh.

Imprimis, *John Plummer*, Tenant to *Richard Page*, Eſq; of *Uxendon* in *Parochia de Harrow*, &c. which you have already taken notice of.

2dly, *William Taylor*, my Footman, put to a Carpenter in our Pariſh, in the Hamlet of *Pinner*, who ſerved about 3 Years, was ſeized with a Rheumatiſm in all his Joints; the Phyſicians were conſulted, they took away much Blood, and directed a Spare Diet, *viz.* Water-Gruel, *&c.* for about two Months, which proved ineffectual.

tual. He was ſent home to his indigent Parents to be taken Care of; by their Advice I ſent him to the Cold Bath, and in leſs than a Month's Time he returned to his Maſter, and has continued well and luſty without Pains, (which is two Years ſince) and is (who was a Durgen before) become a ſtout proper Fellow.

Thirdly, *Samuel Greenhill* my next Neighbour, and a Man of a good Eſtate of his own, and Rents about 150 *l. per Annum*; was ſeiz'd, as I think, in *May* laſt with the Rheumatiſm in every Joint, and continued ſo, tho' he had the Help of ſeveral Phyſicians, for at leaſt ſix Weeks. He was wrapp'd up in Flannel, and not able to move without the Aſſiſtance of ſeveral Perſons to help him. I directed him, by your Advice, to the Cold Bath. The Day following he had my Coach, and bolſtred up with Pillows with his Conveyance, and immediately upon his Arrival, (with a little Reſpit after the Fatigue of his Journey) was put into the Chair, and let into the Bath; before three Minutes were over he was brought up again; he then walk'd up Stairs, and in an Hour's Time walk'd to *Clare-Market* to his Lodgings, at a Kinſman's: He had not before this Virtue receiv'd, been able to ſtir, yet in leſs than a Fortnight's Time he recover'd his Health, and follow'd his

his Plowing, and is free this Inſtant from Pains, and all his Swellings; tho' every Joint was as big as if blown up by a Bladder, yet were they reduced to their uſual Bigneſs: He had no Stomach, but the firſt Night after he walked to *Clare-Market*, eat a very plentiful Supper of Fleſh (which he nauſeated from the firſt Time of his Illneſs.) I could add more, but I have had a Glaſs of Wine too much.

Fourthly, Your humble Servant was viſited with the ſame Diſtemper about three Years ſince; he had no more than one Phyſician, but never without one for ſix Weeks together; he never ſtirred in his Bed without the Help of ſix Perſons to remove him, tho' 'twas but one Inch; they took away, at leaſt, 170 Ounces of Blood, and had no other Diet than one or two at the moſt of Water-Gruel, or Milk-Pottage for that Time. He was able by purſuing of the above Directions to go upon Crutches; but coming to Town about a Week after, I went to the Cold Bath, and by the firſt going in, I was able without the Help of Supporters to come to my Lodgings, and within a few Days was reſtored to perfect Health; and when the Pains have returned, by making Uſe of the Water I have found the ſame Relief.

*

Fifthly,

Fifthly, S. Lathwell this Winter has been very bad with the like Ail, but in less than a Fortnight's Time was restored to the Use of his Limbs, and now is well.

SIR,

If you and I were together, I could have given better Satisfaction than what you will meet withal from this Paper. I hope you will not print it till I see you, tho' I think I may swear to every Particular: This is all the Trouble at present you shall receive from

Your humble Servant,

March 9. 1701.

EDW. WALDO.

I have observed many Times, that those who use *Cold Baths*, are not so *dry* and *thirsty* as other People are; nay altho' very *thirsty* when they got into them, yet after a little Time their *Thirst* shall *vanish* and *abate*. Discoursing on this Subject with my learned Friend, Dr. *Dring* of *Sherbourn* in *Dorsetshire*, he told me, That he had read one *Alexander Aphrodisius*, a Physician, who affirms the same Thing.

And here I may very pertinently let you know, Sir *John*, what my learned and good Friend, Dr. *Savery* of *Marlborough* in *Com. Wilts*, told me on this Head; by good

good Luck, I have juſt now (unlookt for) found his Letter written to me two or three Years ſince, as I gueſs, for it is without Date; and that Part of his Letter which relates to this Subject, I have here tranſcribed. His Words are theſe, *viz.*

'A few Days ſince, talking with a Coun-
'try-fellow of tolerable Senſe, about what
'would procure a Stomach to *eat*; one
'propoſed *taking the Air*; another *Riding*;
'a third *Old Hoc*. Come, come! ſays my
'Fellow, I have tried all thoſe *ways* you
'talk of, but nothing is like going a Fiſh-
'ing up to the *Chin* in *Water* for an Hour
'or two, that will get you a *Stomach* I'll
'warrant you, nor am I *dry*, &c. Dear
'Doctor, I am

Yours,

S. SAVERY.

Now, to ſolve this *Phænomenon*, and give a tolerable Reaſon how Standing or Swimming in *cold Water* ſhould quench *Thirſt*, ſince it will not be allow'd that it enters the *Pores* of the Skin; if it did, it could not get into the *Blood-veſſels*, and dilute the Salts there; no, I think there is but this one Reaſon for it, which muſt ſerve until ſomebody offers me a better, *viz.*

That the ſudden Plunge into *cold Water*, cauſes a very ſudden Contraction, which Contraction driving the *Spirits* and *Fluids* from

from their preſent *Action*, *Poſture*, or *Poſts* they were in, may either diſlodge the *Salts*, or change their *Figure*, for they do not cauſe *Thirſt* until they ſettle, and ſting, and prick the *Membrane*; for whilſt they are ſwimming in the *Fluid*, they are *muzzled* and invelloped in the clammy and glutinous Parts of the *Menſtruum*. Now, tho' the *Salts* are ſettled, and Thirſt is really commenced, yet by preſſing the Fluid out of the *Habit* into the *Channels*, muſt ſcower and waſh off the *Salts* in the Current, and precipitate them by *Urine*; for we ſee Horſes, and all other Animals, generally *piſs* when they come into *cold Water*, which is done by *contracting* the Parts, *&c.* or elſe the Reaſon muſt be this, all Water *evaporates* continually, and the higher thoſe aqueous *Steams* riſe from the Surface of the Water, the more dilated and ſeparated they are, and mix'd with the *Air*, and conſequently by the Beams of Light, which is expanded *Fire*, are heated ſo, that they are not ſo apt to *cool* the inflam'd and thirſt-ſtung *Membrane*.

Now, when a Man is up to the *Chin* in Water, his Mouth is ſo very near the Surface, that he ſucks the Steams of it into his Lungs *cool* and *crowded*, together with the *Air*, which is render'd much the cooler by mixing with the evaporating Particles of the Water,

Water, which being drawn by Suction into the Mouth so moistens it, as to make the condens'd clammy Spittle more *fluid*, and helps to facilitate Deglutition.

I could wish that the Chance-mongers of our Hap-nap-faculty would *read* less, and *think* more; at least improve that *Reading* by *Thinking*, and not take a Parcel of Stuff upon *Tick*, and bury their Patients in a Tomb of *Book-Plunder:* They may as well prescribe the Powder of an old fashion'd *Bed-Post*, as some of old *Nicholas*'s Receipts, *&c.* and to learn to know *Plants* more, and *Compound* less, which is the great *Asylum* of Ignorance, blended and mixt up with *Knavery*. I remember when I was at *Leyden* in *Holland*, not much short of 40 Years since, walking in the Physick-Garden, a *Scotch* Gentleman, a Student there, asked the Professor, *Franciscus de la Boe Sylvius*, What *Absinthium marinum* was good for? The Professor smilingly ask'd him, What Countryman he was? He answer'd, *Scoto-Britannus*. He ask'd him, If in their Metropolis, *Edinburgh*, they had not such a Punishment as the Boot to extort Confession from the stubborn Criminals? He answer'd Yes. Why then, quoth *Sylvius*, take this *Plant* in his luxuriant Season, Root and Branch, and clap him into the *Boot*, and squeeze it hard, for without it *confesses*, I

doubt neither *thee* nor I ſhall ever (truly) know what his Virtues are. The Moral is plain.

If a Man rightly conſiders the *Sympathies* and *Antipathies* between all created Beings, the myſterious and unaccountable *Ferments*, things broken and mixt have within themſelves; how often we miſtake, even in our greateſt Care, and take *non cauſa, pro cauſa*, and give that Praiſe to the Medicine, which is more often due to Nature, and a good Conſtitution: If we conſider but that one Compoſition of *Gun-powder*, how nice it is; firſt no *Coal* will do but *Willow* or *Alder*, and that new burnt too, while the *fiery* Particles are in it, and ſuch and ſuch due Proportions of *Peter* and *Brimſtone*; if you take away a third of theſe, or abate in never ſo ſmall a Quantity, or add never ſo little of a fourth Thing, 'tis all ſpoil'd; how it muſt be granulated and corn'd that the *Air* may lodge in the *Interſtitia's*, or elſe it will fiz, but not explode, as we may ſee in the bruiſed Duſt of which they make *Rockets* and *Serpents*.

Now 'tis paſt Doubt, that the ſame Parity of Reaſon lies in all Compounds, if we could find it out; every Plant which we call ſimple, is compounded by the unſearchable Wiſdom of the great Compounder; for what can we ſay when we find that the Root, Stalks, Leaves, Flowers, and

 Seeds,

Seeds, in many Plants have their different *Tasts*, and different *Virtues*; why should the Flowers of the *Sloe-Tree* purge, and the Fruit bind? so of the *Quince* and *Medlar*, &c. All that remains, is, let Men endeavour to know as much as they can, and be honest in that Knowledge. As for my own Part, if I could wish or blow a Man well, I would do it without Medicine: I have, I thank God, a great deal of *Pity* and *Compassion* in my Nature, and cannot be easy, whilst I see another in *Pain* and *Misery*. And if I could but establish some few Certainties in my Profession for the Good of Mankind, I did not care, tho' I my self went as naked as I was born, to my Grave. I hope, Sir *John*, you, and all good Men are of my Mind, and if every one would do a little, each set his Hand to the *Plow*, and be sincere, faithful and honest in what they discover, it would be pleasing to *God*, and beneficial to *Man*. I design to go into *Lancashire* when the Season is over at the Bath, to see my old Friends once more before I die. I spent the best Part of my Youth among them, so can't but have a Love and Respect for them; and in my Journey shall call at *Litchfield*, to pay that Respect to Sir *John Floyer*, which is due from his

Most humble and obliged Servant,

EDWARD BAYNARD.

I Had, Sir *John*, almoſt forgotten two or three remarkable Paſſages in our cold *Regimen*, which ſhould not have been omitted, becauſe thoſe Caſes frequently occur. The firſt is in Weakneſs of the *Penis*, and loſt *Erection*, often thro' ill cur'd *Gonorrhœas* and *Gleets*, &c. And ſometimes by that curſed School-wickedneſs of *Maſturbation*, (*res fœda dictu*) by which many a young Gentleman has been for ever undone, which ſo weakens the Parts, that when they come to Manhood renders them (to Women ridiculous, becauſe) impotent, a Vice condemn'd by the Heathen Poets, *&c.* as *Martial*, Epigram. in *Ponticum*, *&c.* ſuch, I ſay, I have known perfectly cured, and made Potent ad——, *&c.* when all other Remedies have fail'd, nay, and after ſome Years ſtanding, when the Caſe has been old, and no Hopes of Cure ever expected; where the *Cremſters*, the Muſcles of their *Teſtimonies*, have been weak, and the Clock-weights of their *Hearts* ſunk and hung low, *&c.* there, I ſay, in more than twenty ſuch Caſes the cold Water (together with a very little other Help) has wound up their Watch, and ſet their *Pendulum in ſtatu quo*, *&c.* One Hiſtory whereof is moſt remarkable of a certain Gentleman well-known about Town for his great Strength and Courage, (ſince kill'd in a *Duel*) who was

not

not shy of his unhappy Disaster, after taking all the Clap *Courses* over and over to no Purpose, but to his Destruction, by needless repeated *Bleeding* and *Purging*, which brought him down almost to the Brink of the *Grave*; he sent for me to consult me in his Case, which was a violent *Gleet* and lost *Erection*, of four Years standing, and not above 29 or 30 Years of Age. I told him I would try what I could do for him; in Order whereunto, I bid him go into the Country, out of the Sight of any *Women*, and find out some very *cold Spring* or *River*, where he should first plunge over-head, then put on his Shirt, Coat and Hat, to prevent catching Cold from the Wind and Air, and sit up to the Waist for an Hour at least, Night and Morning, and for a Month drink nothing but new Milk twice a Day sweeten'd with Sugar of Roses; at Noon eat well-roasted-Mutton with cold Salads, as *Cucumbers*, *Lettice*, *Purslane*, &c. and drink nothing but *Spring-Water* with a little *Claret-Wine*, and at Night wrap up his *Whore-Tackle* in a Linen-Cloth, wet in strong Vinegar and Claret-Wine, and so to Sleep; which Directions he punctually observed, and in less than 14 Days he was as well as ever he was in his Life; but I doubt returned to his old Trade, and womaniz'd as much as ever. And in several

others, I have found nothing better than *cold Immerſion* to invigorate and ſtrengthen all thoſe Parts, nay, even when the Patient has been reduced almoſt to *Deſpair* and ſome to *Diſtraction*, their Heads running perpetually on the Ruin of themſelves and their Poſterity. And I muſt ſay, that thro' the many miſerable Spectacles, and ſuch deplorable Caſes I have ſeen, that *Poxes* and *Claps*, &c. is the greateſt Curſe that can befal a Man in this Life. And I here declare, as old as I am, rather than have any Infirmity in that Corner of my *Microcoſm*, I would chuſe to be hang'd this Moment; for a Man does not only ruin himſelf, but docks the *Intail* of his own *Blood*, and brings a *ne plus ultra* on his *Name* and *Family*; ſo that one falſe Step in the *whoring Adventurer* is not only the Ruin of *himſelf* but all his *Poſterity*, a Conſideration of Note and diſmal to reflect on, eſpecially to ſuch miſerable Wretches, whoſe Folly and Incogitance has embark'd 'em in the Misfortune, from which, neither the Skill of the *Learned*, the Prayers of the *Devout*, nor the Treaſures of the *Indies*, can ever retrieve 'em. And therefore *Sylvius*'s Definition of the *Pox* was the beſt I ever met with, having *Brevity*, *Perſpicuity* and *Verity*, when he call'd it,

Flagellum Dei in Scortatores.

Sharp is the Laſh *whips off their* Noſes.

So

So an old Harlot-hunter complaining of his many Misfortunes he receiv'd from Women in the Courſe of his Life, but nothing griev'd him as much, he ſaid, as the Loſs of his Noſe; quoth one in the Company, Cheer up, my Friend,

At the Day of Judgment 'twill come again,
As a ſnuffling Evidence of thy Sin;
Tho' here among our nicer Beaus
The Dreſs lies more in Whig than Noſe.
And when embezzled from the Face
'Tis 'mong 'em reckon'd no Diſgrace,
Provided you wear a Patch *in its Place.*

It may be objected here, that ſome that have had the *Pox* have begotten ſound Children. I grant it, ſuch as have appear'd ſo at leaſt, yet it has lain ſmothered in their *Bloods*; and either ſuch Children when grown up, have proved ſickly and weak, or their Children been *rickety*, *King's-evil'd*, or *conſumptive*; for the *Shakes* and *Girds* ſtrong Phyſick gives the human *Fabrick*, muſt looſen ſome *Rivets* and *Pins*, as I may ſay, that ſhould go to the faſtening of the Foundation of his *Family:* So true is that Saying of *Galen*, Lib. *de ſectis prope finem.*

Neque impune poſſe adminiſtrari remedia, cum omnia præter naturam ſint, ab idque naturales facultates infeſtent, nec poſſint adeo morboſas

bosas Causas rescindere, quin una illis aliquid etiam benignæ substantiæ rapiant.

And this is that which causes no good Texture in our *Offspring*. Hence, the Complaints of *Mala stamina vitæ*, when the *Web* and the *Woof* are not well struck together. How many Children have I heard (from their Bitterness of Soul) curse their Parents for begetting them, the wretched Heirs-apparent to *Pills*, *Potions*, and *Posset-drink*, dwindling out the sputtering *Snuff* of *Life* in Pain and Misery, and spending their little Substance among Physick-*Harpies*, and their ravenous Attendants *Nurses*, *Quacks*, *Apothecaries!* &c. Were I a young *Woman*, I think I should very well be acquainted with my *Man*, and his *Manners too*, e'er I ventured on the Voyage-Life, in the Ship Matrimony; and *è contrario*, the Man sometimes has been shipwrack'd on as *rotten a Bottom*, &c. In this wretched Condition, I find some of our *Englishmen*, and those of the best Quality, in the Time of *Henricus ab Heers*, frequented the *Spaws* in *Germany*, in Hopes of a Cure to their languishing *Prolegomena*, whom he mentions in a *Joco-serious* Sort of Stile, by the Name of *Mylordi*, whose Words are these, *viz.*

Illustris quidam Anglus, quos Mylordos, hoc est dominos per excellentiam nominant, Spadam venit ante annos quindecim impotentiæ reme-

remedium quærens, &c. This unhappy Gentleman could not touch a Woman, but *ad primum labiorum contactum semen emittebat, sed imbelle & prorsus aqueum & sero simillimum; uxorem duxerat annos natam sedecim, sed quam toto biennio, etiam se fatente, non devirginaverat; optime erat habitus, corpore procero, eusarcos, genis rubentissimis.*

One may look *brisk* with *Cherry-Cheek*,
And yet *below Stairs* very weak.
That Woman's in a doubtful Case
That builds her Hopes upon a *Face*;
As one was cheated, when she chose
A *Husband* by the Length of's *Nose*.

Non semper inferius, sicut superius.

He tells you of many such Cases, wherein they come to the *Spaws* in Hopes of Help; but as much as I can perceive, he boasts of no Cures by those Waters in that Case, but that they return'd *re infectâ*.

I remember he tells one odd Story of a young Man abus'd by the too much use of *Guaiacum*, whose Hands all chopt in cross Chops, like an Iron-Grate, and all his Skin broke out into a *Lepra* or *Elephantiasis*, which had so parch'd and dry'd his *Liver*, that he cured him by laying him under a *Spout* of a Mill, and let the Water run upon him, and gave him Crystal with cooling Things to drink,

drink, especially Store of *Whey* with *Sal Prunellæ*, &c. *Deinde in stramineo lectulo sub altissimo molendino, sufflaminato hunc in usum jacentem, stillicidium ex alto in Hepatis regionem cadens excipere aquæ gelidissimæ, neque motu, neque solaribus radiis calefactæ; hoc cum mane & sequihora ante cœnam aliquot dies feciſſet, & sanissimus & pulcherrimus factus.*

I much wonder why he should say, *Neque motu, neque solaribus radiis calefactæ*, because 'tis well known, that all *Liquids* the swifter their Motion, the cooler they are, especially Water; for that which stagnates is only warm by the Heat of the Sun; at least warmer than *running Water*; and we see in scalding hot *Water*, the faster it is pour'd out of one Vessel into another, the sooner it cools; but the swifteſt Motion that can be in *Nature*, or contriv'd by *Art*, cannot make Water that is actually *cold*, in the least Degree *hot*: Swift Motion indeed, by the Contrition of solid hard *Bodies*, will wax *hot, smoak and flame*, as in *Wheels*, &c. but in *Liquids*, *hujus contrarium est verum*; and I have seen a Smith take a small Bar of cold tough *Iron*, and in less than five or six Minutes Time has hammer'd it on a cold *Anvil*, until it has been *red hot*. But to the Business.

Capt. *Dampier* in his Journal of his Voyage round the *World*, gives an Account that the

the *Achineſe* very much delight to waſh in *cold Water*. His Words are theſe, *viz.*

'They are here, as at *Mindanao*, very 'ſuperſtitious in waſhing and cleanſing 'themſelves from Defilements, and for that 'reaſon they delight to live near the *Rivers* 'or Streams of Water. The River of '*Achin*, near the City is always full of *Peo-* '*ple* of both *Sexes*, and all *Ages*; ſome come 'and waſh themſelves for the Pleaſure of 'being in the Water, which they ſo much 'delight in, that they can ſcarce leave the '*River* without going firſt into it, if they 'have any Buſineſs brings them near. Even 'the *Sick* are brought to the *River* to waſh. 'I know not whether it be accounted good 'to waſh in all *Diſtempers*; but I am very 'certain from my own *Experience*, it is 'good for thoſe that have the *Flux*, eſpe- 'cially Mornings and Evenings, for which 'reaſon you ſhall then ſee the *Rivers* fulleſt, 'but more eſpecially in the Morning, *&c.*

And in another Place he ſays, I was perſuaded to waſh in the *Rivers* for the Recovery of my *Health*, which I did Mornings and Evenings; and tho' it ſeemed ſtrange to me before I tried it, yet I found ſo much Comfort in the firſt Trial, that I conſtantly applied my ſelf to it. I went into the *River*, 'till the Water was as high as my *Waſt*, and then I ſtooped down, and found the Water

ſo

ſo *cool* and *refreſhing* to my Body, that I was always loth to go out again; then I was ſenſible that my *Bowels* were very *hot*, for I found a great *Heat* within me, which I found refreſhed by the *cool Water*, &c.

I remember an old *Fiſherman* that formerly liv'd at *Hammerſmith*, who told me, That little Sleep, and cool Diet, and thin Cloaths, were the only Means to live *healthful* and *long*, and that *Water-Air* made him eat heartily, and that he was a great Lover of *Salt-fiſh* and *Parſnips*, and when he did eat any of his own freſh *Fiſh*, he eat them always *new*, and always boil'd, never fried, as being eaſieſt of Digeſtion, and eat them the *Dutch* Way, brought to Table in the Liquor they were boil'd in; and that at any Time when he was uneaſy, and could not ſleep on Shore, he went into his *Peter-Boat*, and the Coolneſs of the Air, and the rocking of the *Boat* on the Water, made him ſleep ſoundly. He alſo often waſh'd in *cold Water*, and his Hands and Arms always dabling in cold Water, drawing his Nets both Winter and Summer: He wore but a thin woollen *Waſtcoat* next his *Shirt*, and was a luſty tall *Man*, could both hear and ſee well, did neither *ſtoop* nor *tremble*, and died of an acute *Diſeaſe* at a *Hundred and three Years of Age*. I am told he died of a *Pleuriſy*, his Name was Good-man *Savory*, who for his *Strength*,

Strength and *Vigour* might very well have lived forty or fifty Years more; and I think 'tis since he died about eight or nine Years.

I find no Men live so long and healthful as the Washers and Dablers in *cold Water*. There is now living at *Chiswick* in the River of *Thames*, one old *Sutton*, a Fisherman, who they say is more than *a Hundred Years old*; he own'd to me three or four Years since, that he was almost a Hundred, he tugs at the *Oar* in all Weathers in a thin Wastcoat, and cries his *Flounders* about Streets with as strong a Voice as any Man of but thirty Years of Age; he is a fat, squat, short, surly *old Fellow*, and his Food is for the most Part *brown Bread and Cheese*, and his Drink, when he can get it, mild clear *Beer*. This I had from his own Mouth. He is since dead of the Stone; and was a Hundred and five, or six, when he died; of which he lived in Misery and Pain the last 2 or 3 Years, and never felt the least Symptom of it, until he was frighted by having his Boat sunk between two Lighters, and he in it; then he immediately pis's'd Blood, and complain'd of a great Weight and Pain in his Bladder. Thus you may see how long a Distemper may lie dormant, 'till rous'd up and awak'd by some Accident; but of this the Lithotomists have many Instances.

*

I have known in my Time many old *Watermen* and *Fiſhermen*, full, or near to a hundred. And I am told, That at *Whitny* in *Oxfordſhire*, thoſe who work at the *Blanket-Mills*, carry wet Blankets in their Arms next their Breaſt, Winter and Summer, and never catch *Cold*, and live to extream *Ages*.

There was a *Fiſhmonger*, who had a Son put Apprentice to a *Scrivener* or Attorney, but had not Strength to hold a *Pen* to write, thro' the Weakneſs of the *Joints* of his *Fingers* and *Wriſt*, which he had for ſome Time labour'd under; ſo that his Father was forced to take him home, and being imployed in his own Trade by often dabling and wetting in *cold Water*, ſoon recovered his Strength, and is as well as any Man.

How refreſhing the pouring of cold Water out of one Veſſel into another, is to thoſe in Fevers, I can teſtify, and many have been by the Cool and Noiſe of that *Action* lull'd aſleep. And Capt. *William Wicks*, Apothecary on *Ludgate-Hill*, *London*, told me of an Acquaintance of his, that was given over in a *Fever* by his Phyſicians, that was by his Brother-Trade recovered, by getting Hands enough, and perpetually pouring round his Bed *cold Water* out of one Veſſel into another, until he fell aſleep, and

and by that Means recovered. And I remember, that my learned and good Friend Dr. *Upton*, told me of one so recovered in *Newgate-street*, whether it was the same *Person* or no, I cannot tell. I have also known that the striking of the fresh and green *Boughs* of Osiers, Willow, Poplar, Elder, *&c.* round the Bed, has refresh'd the Sick, and often indue'd Sleep, even where *Opium* has fail'd.

That cold Water concenters the *Spirits* and strengthens the *Nerves* and musculous *Fibres*, by bracing them, as it were, like a *Drum* when the Parchment-head is relax'd, is very evident by the Experiment of two Boys running for a Wager a hundred Yards, more or less; let the Boys be near of a Speed and Strength, take the *Boy* that loseth and dip him in *cold Water*, and then let them run a second Time, and the losing Boy shall beat the other, *&c.* And talking on this Subject, I remember that a *Gentleman* told me, That when he was a *School-Boy*, they used to lay a *Twig* on two forked Sticks parallel to the Ground, and to jump over, and he said that he always observed, that when he had been in the *Water*, he could then spring much higher than at any other Time.

Dr. *Griffith*, a learned and ingenious *Physician* of *Dublin*, I met at the *Bath*, who told

told me of many People, both in *Fevers* and *Small-Pox*, who in their Deliriums have run into the *Cold*, nay, even into the *Snow*, and have recover'd without any Harm or Accident.

At St. *Mungah's*, the cold Spring in *Yorkshire*, 'tis the Custom of the Country People, especially those that are superstitious, to carry as much of the *Saint* away with them as they can; and as a Sort of Mortification to quench (as they think) Concupiscence, they not only *bathe*, but when they come out put on a *wet Shirt* or *Smock*, this I have known both Men and Women do, and so walk or ride home, and let their Shifts dry upon their Backs; but the Effect has prov'd contrary to their Expectation, for when dry and warm, they have found *spicula Veneris acuit frigus*. And I have heard an old *Carkass-man* say, who had been a great Lover of *Cow-Beef*, that the Temple of *Venus* was a *Pond of Water*, for she that was born at *Sea*, was out of her *Element* on dry Land, *&c.* And Dr. *Savory* told me, That that Fellow which he mentioned in his Letter, that used to fish up to the Chin in *cold Water*, found it did *ad Venerem stimulare*, &c. and several of our Winter-Bathers (nay even in Frost and Snow) have complained that all the Injury they found by *Cold Bathing* was, that it did *famem ac Venerem nimis augere*, which may one say,

cold

Cold Bathing has this Good alone,
It makes Old John *to hug* Old Joan:
And gives a Sort of Reſurrection
To bury'd Joys, thro' loſt Erection;
And does freſh Kindneſſes entail
On a Wife taſtleſs, old *and* ſtale.

To prevent *Abortions*, and ſtrengthen weak *Wombs*, 'tis one of the beſt Remedies in the World, eſpecially if ſhe goes into the Bath towards *Bed-time*, her Dinner being digeſted and paſt off; and in ſome Women to loſe a little *Blood* a Day or two before is good.

And a Gentlewoman of good Worth this Summer at the Bath told me, that labouring *cum menſium fluxu immodico*, after having tried all the Phyſicians of the beſt Repute, and ſwallowing Bolus upon Bolus, together with a Scavenger's Cart full of all their other *Shop-ſlops*, and brought to the very Brink of the Grave, with unneceſſary and nauſeous Doſes, which gave not the leaſt Check to her Caſe, reſolv'd to try the Cold Bath, and in a very little Time was perfectly recover'd, and grew agil, fat and ſtrong. Another Lady in the ſame Caſe, had a ſpeedy Cure by the ſame Means of cold Immerſion, even in the very Teeth of thoſe Blockheads that grinn'd at the Propoſal of Cold Bathing, but when they ſaw that ſhe was recover'd and well, they fled with

a bluſhleſs Face to their old Sillyiſm, *Ha! Lord! who would have thought it?* Now to reaſon a little why Men (and ſome of them learned Men) ſhould even againſt Conviction oppoſe Cold Bathing, is a Paradox; ſurely the Reaſon muſt be the ſame with that of *Nonjurantiſm*, *Nonjurantiſſime*, not but that the Thing is clear, and they ſee their Error, but the Thought (forſooth) was none of their own, or that they were not let into the Secret Time enough, ſo for ſhame come into the Vineyard on the eleventh Hour of the Day; and tho' it has done Cures next to Miracles, yet haughty Pride and Stubbornneſs, with an elated Brow, and a ſwoln Breaſt, muſt roar and belch againſt it to the End of the Chapter, becauſe it an't me, I'm not the Man that has broach'd and tapp'd this Cask of the beſt, tho' ſtaleſt Liquor, of more than 2000 Years old;

Oh! Self, Self, what a ſelfiſh thing art thou?
—— Like the Dog in the Manger,
Will neither eat himſelf, nor let the Cow.

In the Beginning of Fevers, *expertus loquor*, in many Caſes I have ſeen it to cure and take off the *Febrile Heat* and *Thirſt*, at the very firſt Immerſion. And I my ſelf about the middle of *July*, *An.* 1702. became very feveriſh, (I ſuppoſe from drinking of

Milk

Milk upon eating *Melon*, when I had been fast walking and very *hot*) my *Tongue* was rough and white, my *Mouth* clammy, and an ill Taste, my *Urine* of a bright Amber Colour, but no Separation by standing, nor blue Stain on the Glass: I slept very disturbedly, and had a quick high towring *Pulse*; had strange *Flashes* in my *Blood*, like Wild-Fire, which I could perceive in my Face, Neck, Breast, and extreme Parts, (and *God* forgive me, not so well prepared for a Journey to the other *World*, as I ought to have been) and found the *Fever* to kindle upon me, and dreading the Consequence of being *delirious*, knowing that the *Executioners* would crowd in upon me, and encere me alive in a Sheet of *Blisters*, &c. these Considerations were terrible to think on, and that something was to be done quickly whilst I had my Senses, and durst not *bleed* in a pale *Urine*: I took half an Ounce of *Crem. of Tartar* in the Bath-water, which gave me three or four Stools, which made me much worse. I sweat extreamly spontaneously before I took the *Crem. of Tartar*, but had no Relief by it at all. I called my Servant to get ready my Swimming Shoes, (for I have a tender Foot, and can't tread upon the Stones) so down to the River went I at Nine a Clock at Night, and in leap'd over Head and Ears, as they say, and swam

up and down for ſome Time under half an Hour; ſo home I came, and to Bed I went; I found my ſelf in a State of Neutrality, neither better nor worſe. I at the *cold Water* again the next Day, and ſwam longer than the firſt Time, and came home as well as ever I was in my Life, and eat *Veniſon Paſty*, and drank a Bottle of *Claret* for my Share; but I continued bathing in *cold Water* two or three Days for Fear of a *Relapſe*, &c. And in this Place I think it will be very pertinent to inſert that moſt remarkable Caſe, mentioned by the learned Dr. *Willis*, in his Chapter *De* Delirio & Phrenitide, Cap. X. Pag. 265. whoſe Words are theſe, *viz.*

Olim ad Ancillam robuſtam, quæ febricitans, & ſummè inſaniens, continuè in lecto vincta tenebatur, curandam accerſebar. Huic ſanguinem copioſè & deiniterato mitti, alvum ab enemate crebro ſubduci, quin & alias quaſque adminiſtrationes, & in hoc caſu uſitatas, ordine celebrandas præcepi; interim Julapia, Emulſiones, & Hypnotica propinari: verùm his parum aut nihil juvantibus, per ſeptem vel octo dies illa inſomnis uſque, & furioſa admodum perſtitit, Potum frigidum ejulando & clamando perpetuò expoſcens; quapropter Hydropoſia ad libitum, immo ad ſatietatem conceſſa, nequaquam ſedatior, aut ſitibunda minus facta eſt; itaque juſſi (ſiquidem tempus æſtivum fuit) ut media

nocte

nocte à mulieribus sublata & foras perducta cymbæ imponeretur, dein vestibus exuta & vinculis soluta fluvio profundo immergeretur fune tantum circa corporis truncum ne forte submersa interiret alligato. Verum istiusmodi retinaculo nihil opus fuit, namque puella ut vix melius vir quispiam artem hanc probè edoctus, sponte natabat. Post tertiam aut quartam horæ partem, sana ac sobria aquis eximitur, dein lecto commissa dormivit, & copiosè sudavit, posteaque sine alio quovis remedio convaluit.

Curatio hæc tam subito & feliciter successit, in quantum flammæ tum vitalis tum animalis simul in immensum auctæ excessus, à proprio ignis intensioris remedio scilicet Humectatione & infrigidatione ab aquis tollerentur.

Now, what can any Man say against this Relation, for 'tis impossible to invalidate *Fact?* What Strains and Shifts must the *Antipsychrolites* be at to make null and void this *Story?* A lusty strong *Wench*, raving and bound in her Bed, restless seven or eight Days without *Sleep*, with such an intense *Thirst*, that nothing could quench it, nor *Opiats* in the least assist her, perpetually crying out for *Drink*, &c. and yet in less than a third Part of an Hour was by *cold Water* perfectly cured. Really this her Recovery was more wonderful than her *Swimming*, which she did to Perfection, tho' probably never was in *cold Water* in her Life be-

fore. I say, What can the *Physick Zany*, the *Jack-Pudding* of the Town say to this, that Reverse and *Antipode* of Learning, Modesty, and good Manners, that grins at, and ridicules (to the Length of his short *Tedder* of Understanding) every Thing that the weak Fibres of his own wretched *Nons* can't *grasp* and *comprehend?* An ingenious Man used to call this Fellow the *Physick Town Top*, a Log of Wood with a *Brass-Nose*, that was lash'd and kept up by other Mens *Mettle*, more than his own, whose Excellency lies in a Row of silly, worn-out, threadbare, chaw'd-over *Stories* and *Jests*, such as serve to make *Fools* laugh, and *wise Men* shake their *Heads*. Such another *Guinea-Hocus* as this, I was in Consultation with, a Sort of a *Town-Top* too, tho' not so very wooden as the other; the Question was, whether a *hot* or *cold Bath* was most proper in a certain Case? A *Quaker* sitting by, and hearing *Top-minor* speak very sillily to the Point, told his Cousin, the sick Man, that he did not expect a Blessing on this Consultation, because he that spoke last, he found, by his Discourse, was an *Infidel*, and had no *Faith*: No Faith, quoth the *Doctor*, how so? Why, quoth the *Quaker*, I am sure thou hast no *Faith*; for if I should tell thee (before all this Company) that thou art a *Coxcomb*, thou wilt not believe me, such is thy little Insight into thy

self;

ſelf; and I am afraid that thou knoweſt as little of my Kinſman's *Caſe*, as thou doſt of thy own Weakneſs; upon which *Top-minor* grew angry, and ſpun out of the *Room*.

To his Friend, Dr. Baynard *at the* BATH.

London, July 9th, 1702.

SIR,

HEaring of ſo many wonderful Cures done by your Cold Bath, the Reputation of it has almoſt perſuaded me to try it my ſelf, if you think it proper for me. I ſometimes being troubled with wandering Rheumatick-Pains, and being no Admirer of much Phyſick, I would gladly take the ſhorteſt Courſe to be well: So underſtanding by reading Sir *John Floyer*'s Book, that you are the only Man that have made Obſervations of both *Hot* and *Cold Baths*, conſequently you muſt be the beſt Judge in what Caſes they are moſt proper. But in my own Opinion, I rather incline to *cold Immerſion* from an Experiment, or rather happy Accident that befel my ſelf, which was this; I was formerly much troubled with a Sort of little flat Worms that I ſhould often void in my Excrements; but on a certain Time going to ſwim in a very cold deep Pond, that was

fed with many Springs, when I came out I found in my Stool a great Cluſter of the Worms, and from that Time was never more troubled with them. I only tell you this as Fact; the Philoſophy of it I muſt leave to you and your Brethren, to determine the *Why* and the *How*, this Cure was wrought; ſo expecting your Advice by next Poſt, I am, dear Sir,

Your humble Servant,

Jo. Eldred.

Direct for me at the old Houſe, *Ludgate-Hill.*

I remember that a Gentleman of good Worth (laſt Summer at the *Bath*) told me, That he went into St. *Mongah*'s with Crutches, and was in ſix or eight times bathing, ſo much reliev'd as to walk with an underhand Stick: But forced by his Affairs to a Journey for *London*, and his Diſtemper threatning a Return, his Caſe being a *Palſey* with a *Tremor*, complicated ſometimes with a *Rheumatiſm*, or (what was worſe) a *Running-Gout*; and reſolving from his laſt Succeſs in *Yorkſhire* to try the *Cold Bath* at *London*, went firſt to his *Phyſick-Flinger*, the gogling *Goliah*, to hear what that *Loftineſs* could ſay to his Caſe. This puff'd up *Apollo*, ſo bloated with *Fool*'s *Breath*, as if the *Calf* had been prickt and Butcher-blown, look'd

look'd ſo magiſterially upon me (*quoth he*) with Claret-ſtew'd *Phyz*, betwixt roaſt and ſod, together with his uſual Hypocritical *Grin*, that the Figure of the Fellow like an *Uniſon* in Muſick, ſtruck that String of my Chops, which his Face had tuned, which made me grin too, to behold him; but having Preſence of Mind, I ſoon ſhifted my Face into a Scene of Gravity, and mumbling my Mouth ſomewhat faſhionably, I accoſted the *Idol* with a Guinea and my Caſe, who after a Brace or two of unmannerly Belches, and a ſhort Pauſe, ask'd me a Brace or two of as impertinent and unſuitable Queſtions to my Caſe; but ſoon and peremptorily concluded, that it was an ugly Scurvy in my Blood, cauſed by too many Acids there; ſo put me into a Courſe of Sweetners, as he call'd them, the Principal of which was a Quart of thin Cuſtard-like-inſipid Stuff, *Egſhelated*, call'd by his learned Apothecary, the *Oriental Pearl Emulſion*; in the good Nature of which Medicine I was to acquieſce, until further Orders; ſo hobling off with my Scrap of Preſcription, I turn'd ſhort on his Worſhip's Patience, and ask'd him what he thought of the *Cold Bath?* Z---ds! it will kill you (quoth he in Sputter and Paſſion,) it will kill you. But hearing ſo often that this Oracle was no Oracle, by his many Miſtakes in his forward, falſe

and

and fooliſh Prognoſticks, even ſhort of the Old Wife's Sieve and Sheers; and being vext for being a Bubble to a Blockhead, and Guinea-bit for my ſenſeleſs Curioſity, I went next Day to Mr. *Bayns*'s, and took Lodgings at the *Cold Bath*, and was (I thank God) much mended, tho' not cured, by a few Immerſions; and after I have drank theſe Waters ſome Time, I'll return home to my own Houſe, where I have a cold Spring, and try what Faith and cold Water will do for me; for of all the many Things I have hitherto uſed nothing has done me ſo much palpable and apparent Good as cold Immerſion; and in this, and ſuch like Caſes, I am well ſatisfied that all the confident and moſt *Corinthian* Aſſurances, are but proſtituted Hopes and Promiſes of your trifling Preſcribers, when they are at a Loſs and Stand, either in the Cauſe or its Cure, ſo fly to their laſt Shifts of Buffoonry and Ridicule, making it their Buſineſs to decry and invalidate any Thing that may have a probable Countenance towards a Cure: for what is not the Product of their own Thoughts, muſt certainly ſully and blacken their Reputation, as cold Water has done in a hundred Caſes, honeſtly and openly in the Face of the *Sun*, without Trick, Artifice or Juggle; at which ſome of the more modeſt have drawn in their Horns, and

calmly

calmly acquieſc'd in the weak Man's Wonder, *viz.* L--d! Who would have thought it? for *magna eſt veritas ac prævalebit*; for tho' Fact may be obſcur'd and hid for a while, yet it can never be ſtifled and annihilated.

Another of this Claſs, a Man of no mean Magnitude once, but now deſpis'd and p-s-d upon, a Fellow of a *gelt* and *caſtrated* Reputation, for having out-liv'd that Set of *Fools* that once admir'd him, he can beget no more; this Man, I ſay, being ask'd by a melancholy *Patient*, his Opinion of a *Cold Bath?* anſwered him in making Mouths, with ſtrange Diſtortions of Chops and Noſe, and after his Face had entertain'd him with turning the Somerſet a while, he by Degrees broke up his Grimace, and ſwore it would kill him.

Now I would fain know what it is that frights all theſe fooliſh People, and makes their Heads run thus upon killing? how can a Man's waſhing himſelf in *cold Water* kill him? 'Tis but of late Years that Sprinkling came in and was us'd in *Baptiſm*; and what, I pray, became of all the *tender* new-born *Infants*, that were made *Chriſtians* by *Immerſion* in a cold Marble Font, in a damp Church, in cold hard Winters, and the worſt of Weather ſometimes? What, were all theſe Children *kill'd?* I am apt to think the *Devil* has ſcatter'd ſome of his Hell-Grubs

Grubs in their Sculls, and fly-blown their *Underſtanding* to a Degree of *Lunacy*, leſt the old Way of *Immerſion* ſhould come into the World again: not that I am an *Anabaptiſt*, for I was ſprinkled my ſelf, and a ſprinkled *Chriſtian* is better than none; for I put no great Streſs upon the Form, provided a Man believes well, and lives well; for he is my *Chriſtian*, that ſhews me his *Chriſtianity* by his Faith, his Faith by his good Works, *&c.* But this being the *Parſon*'s Province, I have done.

Some Years ſince Mr. *Ellysby*, the preſent Miniſter of *Chiſwick*, near *London*, a tender weak Man (a Man of a ſingular *Life*, and good Learning) by the Advice of Dr. *Cole*, Dr. *Gibbons* and my ſelf, was directed to the Uſe of the *Cold Bath*, for it was made in a *Tub*, ſo not cold enough for the Purpoſe deſign'd, however he found ſome Benefit: and I am inform'd by ſome of his Pariſhioners, that this preſent Summer, he has very often uſed the *Cold Bath* at *London*, and is cured of his Tenderneſs to a ſtrange Degree, and is become a new Man for Vigor and Strength.

Dr. *Groenvelt*, a Man famous for his great Cures in his Art for cutting for the *Stone*, call'd me in to a Patient of his, a *Dutch* Gentlewoman, where I propoſed a *Cold Bath*, which ſhe uſed with much Benefit,

fit. But here by the Way, note, That a certain *Physician* told her, it would kill her, which after he saw the Effects of Cold Bathing, he much blamed himself for his forward and rash *Censure*. The Physician is since dead, but this Passage Dr. *Groenvelt* very well remembers. I have almost forgotten her Case, but I think it was a Pain in her Back and Sides, with Weakness of her Limbs.

One Mr. *Carter*, a Woollen-Draper on *Ludgate-Hill*, received a great Benefit, and a perfect Cure by the Cold Bath; but what was his Case, I have forgotten: he lives at the *Golden-Key*; any Man may inform himself; I think it was a Rheumatism.

Mr. *Truby* at the *King's Arms* at *Fleet-bridge*, now in *Bath*, told me, That one Mr. *Harrison*, a Gentleman in his Neighbourhood, is this present Summer perfectly recovered of a severe *Rheumatism* by the Cold Bath; and a Man in Years, at least Sixty.

I could give almost a hundred Instances of *Rheumatisms*; but one the most severe that ever I saw, in a young *Woman*, Daughter to the Inn-keeper at the *White Horse* in *Fleet-street*, perfectly cured by the *Cold Bath*; where any that would be farther satisfied, may inquire. I think her Mother told me, she had laboured under it (at certains Seasons) some Years; she was aged about fourteen or fifteen. The

The *Itch*, that seemed almost *leprous*, with maturated *Boils* on the whole Body, especially on the *Hands*, which swell'd the *Fingers* to such a Degree, together with the Soarness of the Chops in the folding of the Hands, I have known cured in four or five Immersions, so that the *Bladders* that seem'd maturated and full of *Pus*, have shrunk and subsided, and peel'd off without any *Physick*, but only moderating his Diet, and forbearing strong *Drink*, and using *Exercise*, &c. Now in such Cases, how often have I known the poor Patient brought to the *Physick-Rack*, viz. *Bleedings*, *Vomitings*, *Purgings*, *Diet-Drinks*, *Oyntments*, &c. together with the whole *Inquisition* of *Warwick-Lane*, *Mugwell-Street* and *Apothecary's-Hall*; and all to as much Purpose, as he that rod Post with a hang'd Man behind him, to read an Anatomical Lecture to the Mayor of *Queenborough*.

A *Gentleman* of good Account, tho' a modest Man, blushingly gave me this Relation in Reference to *himself*, who for some Time past had great Trouble in his *Urinary-Passages*, and Pain at the Root of his *Yard*, and about the Region of the *Bladder*, insomuch that he had Reason to suspect some *Ulcer* or *Excoriation in Collo Vesicæ* by the *Slime* and *Sordes* that came away in his Urine; he also had a *Lacrymæ Veneris*, or

old

old Gleet, which at that Time was very ſevere upon him, together with Weakneſs of *Erection*, &c. who was cured by a ſtrict Preſervance in this following Method, *viz.* He firſt gently purged two or three times with *Caſſia* and *Tamarinds*, Syrup of *Violets* and *Peach-Flowers*; inſtead of Poſſet-drink on his Purging-Days drank plentifully of *Whey* clarified with ſome opening and cooling Plants; and at other times drank *Lime-Water*, in which was ſteep'd a little of the Shavings of *Saſſafras* and *Liquoriſh*, and took two or three times in a Day, three or four ſmall *Pills*, made of Juice of *Liquoriſh*, *Sperma Ceti*, Species *Diatragacanthi frigidi*, or *Pulvis Haly*, &c. and uſed *cold Immerſion* for 16 or 18 Days, Night and Morning, but eſpecially at Night after a light Dinner, and no Supper, a little *Flummery* after bathing with a little Sugar and Juice of *Orange*, juſt to make it of a pleaſant ſweet tart Taſt, a *dulco-acidum*; and from thence paſſed into a reſtringent Milk-diet, by boiling *Acorn-Cups*, *Biſhort*, and *Tormentil-Roots* in Spring-Water, and then mixing Milk and a little Oat-meal, made a Sort of Milk-Pottage, on which he only liv'd for a Seaſon; he avoided the Sight of all Women, but ſuch as had antivenereal-Faces, for Age and Uglineſs; as alſo all Manner of Wine and ſtrong Drinks, and Fleſh-Meat, *&c.* and by this,

and

and by such like Means, he was perfectly recovered to his pristine Health. I have known many Times that violent strong Purgings with Aloes, Scammony, Resin of Jalap, *&c.* together with the too much use of Terebinthinate Medicines, have heated and done much Mischief to the inflam'd and tender Nervous Parts, and often caus'd Swellings of the Testicles, together with unapt or untimely Injections. Mr. *Fuller*, an eminent Apothecary in the *Strand*, told me of his own Knowledge in many Cases; as also did the late Dr. *Hobb*'s; and I have observed divers Times in my own Practice and Experience, that such Tumors and Venereal Swellings, have render'd Men infertile and incapable (ever after) of begetting Children. Not that this does always hold true in every Monger, for some strong young Mongers of good Constitutions, have brush'd thro' such Misfortunes, and have after it begotten Children, but with a great Diminution to the Venereal Pleasures and Delights as before; the Organs subservient to those Exercises, having been shak'd and batter'd in their unclean Combats, *&c.* but in most Men it has totally destroy'd Prolification, a *Curse half tanti to Castration*; so that I have often pitied poor innocent young new-marry'd *Gentlewomen*, who have sweat and stew'd themselves in *hot Baths*, Season after

ter Seaſon. Theſe unhappy Women, I ſay, thinking that the Deficiency lay on their Side, were willing to undertake any Toil and Trouble in Hopes of a great Belly, *&c.* when alas! the Fault was in the vile and wicked whore-maſterly *Husband*, broke and bankrupt in his Bed-Tackle; and this is the Reaſon of ſo many miſerable and unhappy Marriages, for *Venus rara, cum re anguſtia domi, &c.* makes Women ramble in queſt of thoſe Satisfactions which both Art and Nature, in a warm Conſtitution, inceſſantly prompts them unto; and the *Husband* quietly to acquieſce under the Brow-Antlers of a diſplay'd Forehead, or to pocket his Misfortune, being conſcious that his Wife's Extravagances, are the Iſſues of his own Inſufficiencies, *&c.* procured by his own Follies, *&c.* ſo that Fathers cannot be too careful in matching their Daughters to Men of untainted Reputation and Honeſty, and alſo of promiſing Ability; but becauſe of the many Cheats that have been even in the faireſt Bulks of Men, and the Difficulty in diſcovering the Scars and Cicatrices of ſecret *Sins*, which Men with the greateſt Artifice cover and conceal.

But where Love and Ability on both Sides concenter in Virtue and Fidelity, their Minds are made one, and 'tis a Marriage of Souls as well as Bodies, and ſuch a bleſſed State is

the Suburbs of *Heaven*, even in this *Life*.

And he that ſhould dare to marry under any Venereal Circumſtances, or Pox his Wife after he is married unto her, ſhould have a Brand of Infamy upon his Name for ever. For what ſays the Wiſe Man, *Prov.* 6. and 33.

A Wound *and* Diſhonour *ſhall he get, and his* Reproach *ſhall not be wiped away.*

Her End is bitter as Death, *and as* ſharp *as a two-edged* Sword.

And thou mourn at laſt when thy Fleſh *and thy* Body *are conſumed, and a* Dart *ſtruck thro' his* Liver.

Her Feet go down to Death, *her Steps take hold of* Hell.

For ſhe hath caſt down many wounded, *yea, many ſtrong* Men *have been* ſlain *by* her; *her Houſe is the Way to* Hell, *to the Chambers of* Death, *&c.*

And the profane *Orators* and *Poets*, as well as *ſacred*, are all full of *Whip-Cord* and *Laſhes* at this *Sin*. I might here inlarge, but that the *Groans* and *Miſeries* of ſuch *Shoals* of periſhing *Wretches*, abandon'd by their *Friends*, expos'd to *Ditches*, *Dunghills*, and at the beſt to *Hoſpitals*, are rotting Inſtances of *Venereal Venom*, and moſt deplorable Commentators on this ſad *Text*, viz. *Their* Strength *is given to ſtrange* Women, *and their Years unto the* Cruel.

So

So here I shall cease this unsavoury Subject, and conlude with a few Lines dehortatory from Whoredom, and its fatal Consequences.

View yonder Shore! whence Venus *came at first,*
See all the wretched whore-wrack'd Sons of Lust,
Where blasted Strength lies in its Manhood curst.
View yonder Bay, that many a Load encloses
Of pumic'd Shin-Bones, and the Shells of Noses;
And in yon Hospital there does survive
The remnant half, of half that rot alive,
With Buboes, Blanes, cavernous running Holes,
'Twould Clap the Devil for to fetch their Souls.

A Letter from Sir Theod. Colladon, *Kt. to Dr.* Baynard *at the* Bath.

Dear Doctor, 1702.

THO' you have had several *Experiences* of the good Effect the *Cold Bath* has produced in curing many sad *Distempers* that no ordinary Remedies could remove, I am sure you will take kindly from me two *Instances* very curious, that I must give you to increase the high Opinion you have of it, and 'tis on two *eminent Men* of our own Profession; one is Dr. *Cyprianus*, that for two or three Years was grown so infirm, and apt to *Fevers*, that Winter and Summer he was forced to wrap himself up in *Flannel*, and *Leatherdoom*, and upon the least cold or windy Weather fell into violent *Fevers* and *De-*

fluxions. We gave a fair Trial of the beſt Remedies, that by Sir *Thomas Millington*'s Advice joined to *mine*, and to ſeveral other *Doctors*, his Friends, we could think of, without any Succeſs. Two Years together he went to the *Bath*, and drank thoſe *Waters* regularly, bathed in all the *three Baths*, but ſtill found no Benefit, rather worſe. With much ado he was perſuaded to try what the *Cold Bath* could do in his Caſe, and in *twice* or *thrice* going in, even in the midſt of *Winter* was ſo relieved, that he has already been in it above a *hundred times*, and now is ſo *well* and ſo *hardy*, that nothing can *hurt him*; he has left all his *Flannels*, and in Fine, he is well to Admiration.

He perſuaded *Signior Cayonny*, an eminent *Italian*-Merchant, in the ſame Condition, to follow his Example, which he has done, and with the ſame Succeſs. My *Father-in-law*, Dr. *Amyott*, troubled with ſuch *Coughs* and Defluxions, that I never durſt ſhave his *Head*, was perſuaded by *me*, and by Dr. *Cyprianus*, to ſhave it, and bath it with *cold Water*, and found ſuch Good by it, that he went into the *Cold Bath*, and now is free, and has not been ſo well theſe *ten Years*. Another Inſtance I muſt add of Major *Sutton*, my Lord *Lexington*'s Couſin, Major in Colonel *Webb*'s Regiment, that had been ſeized with ſo violent a *Rheumatiſm*, that

he

he not only loſt the Uſe of his *Limbs*, but was in ſuch violent *Pains*, that finding no Relief by all the Remedies he us'd, he was carried and thrown in the *Cold Bath*, deſiring, as he told me, to be *drown'd* in it, if he had no *Relief*; but in three *times* going in, he could *walk* and come out without *Help*, and in ten times went *abroad*, and I met him at Dinner at my Lord *Lexington*'s, where he gave me this full Account, and he ſhall confirm it to *you*, when you pleaſe; ſo ſhall the two others; and many more, when we meet in Town, where I intend to conſult you with him, in order to try it my *ſelf* for my *Diſtemper*. As I write you this in Haſte, yet you may make what uſe of it you ſhall think fit. I muſt beg your Pardon, if 'tis not, perhaps, as exact as I could wiſh; but when we meet, will correct the *Faults*; and I wiſh you all Happineſs, and abundance of good Patients. I am, my dear Doctor,

Your moſt humble Servant,

and faithful Friend,

TH. COLLADON.

Joſephus tells us a Story of one *Banus* that liv'd in a Deſart, and cloth'd himſelf with Barks and Leaves of Trees, and fed on nothing but what the Earth ſpontaneouſly brought forth; and that he uſed to waſh

himſelf oftentimes in cold Water to keep himſelf chaſte, and that *Joſephus* himſelf imitated this old *Banus* for 3 Years.

He alſo tells you, that the *Eſſenes*, a chaſte and temperate Sect of the *Jews*, accuſtomed themſelves to waſh in cold Water very often, and never went to Stool, but preſently waſh'd, or when they touch'd any unclean Thing.

He alſo tells you that ſailing to *Rome*, he was ſhip-wreck'd in the *Adriatick*-Sea, and 600 of them were forc'd to ſwim all Night; but he and fourſcore more out-ſwimming the reſt, were by God's Providence, at Break of Day, taken up and ſaved, by a *Cyrenian* Ship. So that we may ſuppoſe, that in former Times Men were all Swimmers, or moſt, at leaſt, when 600 in one Ship could ſwim; and among the *Romans*, 'twas a Term of Reproach and Scorn, to tell a Man, he could neither read nor ſwim.

Dining at a Nobleman's Table at *Bath*, in *Sept.* 1702. with Mr. *William Pen*, and diſcourſing with him, and ſome other Gentlemen, concerning Cold Baths, he was pleas'd to ſend me this following Relation of the Practice of Cold Immerſion in *Penſilvania*, &c. and of a moſt remarkable Inſtance of it, in which he was an Eye-Witneſs.

Mr.

Mr. Pen's *Letter to Dr.* Baynard.

AS I find the *Indians* upon the Continent more incident to *Fevers* than any other Diſtempers, ſo they rarely fail to cure themſelves by great *Sweating*, and immediately plunging themſelves into *Cold Water*, which, they ſay, is the only Way not to catch *Cold*.

I once ſaw an Inſtance of it, with divers more in Company. For being upon a Diſcovery of the back Part of the Country, I called upon an *Indian* of Note, whoſe Name was *Tenoughan*, the *Captain General* of the Clans of *Indians* of thoſe Parts. I found him ill of a *Fever*, his Head and Limbs much affected with Pain, and at the ſame Time his *Wife* preparing a *Bagnio* for him: The *Bagnio* reſembled a large Oven, into which he crept by a Door on the one ſide, while ſhe put ſeveral *red hot Stones* in at a ſmall Door on the other Side thereof, and then faſtned the Doors as cloſely from the Air as ſhe could. Now while he was ſweating in this Bagnio, his Wife (for they diſdain no Service) was, with an *Ax*, cutting her Huſband a Paſſage into the *River*, (being the Winter of 83, the great Froſt, and the *Ice* very thick) in Order to the immerſing himſelf, after he ſhould come out of his *Bath*.

In leſs than half an Hour, he was in ſo great a *Sweat*, that when he came out, he was as *wet*, as if he had come out of a *River*, and the *Reak* or *Steam* of his Body ſo thick, that it was hard to diſcern any body's Face that ſtood near him. In this Condition, *ſtark-naked* (his Breech-Clout only excepted) he ran to the *River*, which was about twenty Paces, and *duck'd* himſelf twice or thrice therein, and ſo return'd, paſſing only thro' his *Bagnio* to mitigate the immediate Stroke of the *Cold* to his own Houſe, perhaps 20 Paces farther, and wrapping himſelf in his woollen Mantle, lay down at his Length near a long (but gentle) *Fire* in the middle of his *Wigwam*, or Houſe, turning himſelf ſeveral Times, till he was dry, and then he roſe, and fell to getting us our Dinner, ſeeming to be as eaſie, and well in *Health*, as at any other Time.

This Tradition was in great Meaſure, however, the Loſs of one of the braveſt of the Nations of *Indians* (remembred by Capt. *Smith*, in his Hiſtory of the Settlement of *Virginia*) called the *Saſquenahs*. For having, after the Coming of the *Europeans* among them, learned to drink *ſtrong Liquors*, and eat freely of Swine's Fleſh, moſtly without *Salt*, it brought the *Small-Pox* among them; they took the ſame Method to cure themſelves of it when they were come out, which ſtruck to their Heart, and prov'd

prov'd more mortal than the Plague, few escaping the Disease, by reason of that improper Practice; tho' one would think that before they came out, it might have moderated their Venom and Impression.

I am also well assur'd that they wash their young Infants in cold Streams as soon as born, in all Seasons of the Year. *W. P.*

In the Beginning of *April* last, 1708. I met with the said Mr. *William Pen*, a Man of Honour, and truly *fide Dignus*, who told me he had a Letter from one Major *Morice*, his Receiver in *Ireland*, which Letter he would shew me at any time, but I forgot to call on him to see it; but the Contents of it was to this Effect, That he the said Major *Morice*, for more than 20 Years, was extreamly troubled with the Gout, insomuch that his Limbs were noded, *&c.* and so infeebled that he was rendred altogether a Cripple, and incapable of any Business that requir'd Stirring or Exercise, but by the use of cold Immersion, which he follow'd close for some Time, he receiv'd such a Cure that he could walk very well, mount a Horse, and ride about his Affairs, and continu'd so a great while: But meeting with Mr. *Pen* since then, he told me, that he heard he had relaps'd, whether thro' Discontinuance, or an Error in his Manner of Living, as to his Meats, Drinks, *&c.*

&c. I cannot tell, which Relapſe, ſurely, muſt proceed from Neglect or Miſmanagement in reference to Heats and Colds, *&c.* for when the morbid Cauſe is taken off, at leaſt, ſo remov'd as to give *Eaſe*, abate the *Swellings*, and the Anguiſh and painful Symptoms totally alleviated, ſunk and gone, 'tis reaſonable to conclude that a little Care might prevent any Acceſſion for the future; but we are all prone ſo to humour our *Palates*, and gratify our *Taſtes*, or Company, when importuning with, freely ſtay, take t'other Pipe, t'other Glaſs, this once, hang't, *once* can do no Harm, until warm'd and heated with Wine, *&c.* over Shoes, over Boots, we forget our Sorrows and *præterit* Pains, until the Diſeaſe takes the Advantage by our Debauch, thro' weaken'd and imperfect Concoctions, undue Secretions, *&c.* Then like the Parable in the Goſpel, the Gout returns with *Seven Devils worſe than the former.*

Unhappy Man! that drinks *his own undoing*,
As tho' his Buſineſs were to pledge his Ruin;
And that brave Texture *his ſound Parents*
With Pipe *and* Pot *he does unravel it:* (*knit*,
As if the Gods, in Anger gave him Wealth,
To ſacrifice to Bacchus, *Youth and Health.*
Health, *of all earthly Bleſſings, 'tis the beſt*,
Which moſt is valu'd, *when 'tis leaſt* poſſeſt.

And

And we find that the old *Romans* in moſt of their Epiſtles to their Friends uſually conclude,

CURA UT VALEAS, *for Health once gone*
All Comforts periſh with it, and are none;
Riches and Honour, Muſick, Wine and Wit,
Wax flat *and taſtleſs with the Loſs of it.*
Could Youth but ſee with gouty old Men's *Eyes,*
One Stretch *upon their* Back *would make 'em* (*wiſe,*
And Drunkenneſs, the damn'd firſt Cauſe deſpiſe.
But ſuch is giddy Youth's unhappy Fate,
When crippl'd *and* nail'd *down, are wiſe too* (*late.*

And I cannot without Vanity ſay, that I perform'd a wonderful Cure on a very gouty Perſon, by the Decoction of a certain *Root*, which he conſtantly drank for a Seaſon together, with ſweating after cold Immerſion, the ſame way that you took, Sir *John*, with Mrs. *Piſer* of *Repton*, mention'd in your Epiſtle to me, *p.* 185. which I think is as great a Cure as cold Bathing can boaſt on.

The Caſe of a young Gentleman, from the Injuries of Tobacco and ſtrong Drink, recover'd by drinking of Water, &c.

ABout ſix Years ſince, being ſent for to a young Gentleman, who, from a vivid and florid State of Health, became pale and wan, and had ſtrange cold Sweats; had

had a Tremor, and much dispirited, as if he lived under Fear and Dread of some impending Evil to him; his Stomach quite lost and gone, and had a great Loathing when he saw Victuals, *&c.* I enquir'd into the Cause of this sudden Change in his Health, and found it proceeded from his much smoaking Tobacco, which made him always giddy, and ready to vomit, also to spit and flux abominably: all this he endur'd, resolving to be Master of the Black Art, until it brought him to the Brink of the Grave. I told him the Danger of proceeding in it since it was so inimical to his Constitution, and advis'd him to forbear strong Drink, and to drink a little Spring-Water Night and Morning, and eat a raw Apple or two, and take the Air in a Coach, or on Horse-back; all which he punctually observ'd, and was as well in a Month, as ever he was in his Life. *Franciscus de la Boe Sylvius,* under whom I was a Student near 40 Years since, was so much a Hater of Tobacco, that he would not come into a House where it was smoak'd; and what the learned *Kerckringius* says of it in his *Spicilegium Anatomicum Observ.* xc. Page 172. I here transcribe.

Nimius Tabaci usus noxius.

INvaluit, heu! nimium illud in Europa Cacoethes, fugendi fumum herbæ Tabaci, ut vocant,

vocant, per tubos ad id ſolummodo confectos. Quanta inde morum perverſitas, ii viderint, quibus illud datum eſt negotii, vel Politici, vel Theologi. Quantùm ſanitati ſuæ noceant, quibus hic mos eſt, ut toties Vulcano, vel Charonti potius ſacrificent, etiam non explicabo: ſuffeceret oculis ſubjicere hominem, quem in medicorum corona ſecui: is ſupra modum hiſce fumoſis deliciis addictus, vix ullum obibat negotium, quin ſibi, ut patuit, fatalem ſuccum hauriret. Ubi enim crebris quaſi pulſata ictibus, natura fatiſcere, atque in morbum collabi cœpit; ille nigricantem materiam per anticum, per poſticum, per utrumque gutturem tamdiu ejicere, donec fuſcam ſimul evomeret animam, quam Plutonia viſentem regna comitari non lubet: ſuſpicor enim nigros illos & vaporum Stygiorum globis fumigantes lacus potius ex conſuetudine, quàm lucida cœlorum ſydera adamaſſe, utpote fumis ſemper paſtam & innutritam; hoſpitium certè quod illa reliquerat, viſitavi & peragravi, fultus cultro anatomico. Quid viderim, quæris? domum mihi intrari viſus ſum verè Plutoniam: ecce tibi in foribus atrato colore tincta & quaſi venenato ſucco imbuta intumuerat lingua. Quid trachea? camino ſimilis, nigra fuligine undique obducta. Pulmones aridi, exſucci, & pene friabiles: hepar, tanquam ſi præ cæteris traxiſſet incendium, totum erat inflammatum; à cujus flammis ne bilis quidem in cyſtide ſua immunis erat: colo-

colorem enim contraxerat ex purpureo virescentem. Ad intestina verò, ut sunt corporis saburra, confluxerant totius adustionis carbones; plena etenim erant nigricante materiâ, quæ non immitionem ipso Averno spirabat odorem. Ecce frequentis hujus suctionis medicos fructus.

The Case of Mr. Michael Warwick.

IN *February*, 1700. I caught a most violent Fall, the Contusion happen'd on the Hip, near the lower *Vertebræ* of the Back, but by the immediate Use of inward Medicines, the Application of Cere-Cloths, and, as the warm Weather approached, the Pains, *&c.* went off for the Summer following.

The *November* after, I caught a most violent Cold by sleeping against a good Fire in a wet Cloak, which settled upon the Part before affected, and likewise extended it self in Cramp-like Pains upon the Muscles on that Side from my Neck, down to my Ankle.

I went to the Bagnio, and was sweated and cupp'd several Times, but to no Purpose.

I used all outward Means (as were advised) proper in such Cases, and took *Terebinthian, Stomachick* and *Chalybeat* Medicines inwardly, but all to no Purpose.

I let Blood often, and purged with *Rhubarb, Agarick, Senna,* &c. but with the like

like Succeſs; only theſe laſt Medicines, I thought, deſtroyed my Appetite, and rendred me Hypochondriack.

I obſerved my Blood at all Times after Separation, to have on ſtill a tough, viſcous Matter, like that of your Rheumatick Perſons.

Sometime after I found my Pains not ſo Cramp-like as before, but more diſperſed, and like your Rheumatick Pains; eſpecially I found in my Loins ev'ry Morning, a weak and wearisom Pain, together with a Soreneſs upon the Part, as if I had been beaten; but no Swelling, Inflammation, or other outward Symptom appeared; nor was there, as I perceived, any *Febris Rheumatica* attended my Pains.

The Continuance of the Pains and the Violence of them, occaſioned ſuch a Contraction of the Muſcles of the Side affected, that it almoſt brought me to go double. The Thigh and Leg of that Side were greatly emaciated, and for Want of due Circulation of the Spirits and nutritive Juices, ſeemed (a-Nights) as if they were dead Fleſh, only ſometimes a violent cold Sweat would appear.

Hearing Talk of the Cold Bath, and finding ſome Encouragement from a Book that I bought of Sir *John Floyer*'s, treating of the ſame; in *November* laſt was 12 Months,

I applied my self to Dr. *Cole* for his Advice, who prescribed me *Cinnabar* of *Antimony*, &c. for a Week, and afterwards to bathe, continuing the Medicine, *&c.* which I did two or three times a Week, for several Weeks; but found little Benefit at the present, other than it brought my Appetite again, and rendred me far less apt to take Cold, tho' I had left off Flannels, *&c.*

Some time after, I found my Pains to decline, and at last quite vanish, and the Contraction of the Muscles loosed, and I have continued well ever since; only now and then against Change of Weather, or when the Wind is Northward, I meet a little mingling of Pains, but no Contraction. I also have let Blood two or three times since, and find it florid, and as good as those in a true State of Health.

I look'd upon my Distemper to be complicated of a Hypochondriack Rheumatism, the Sciatica, and the Effects of the aforesaid Contusion by the Fall, and must ingenuously attribute the Cure thereof, (next under God) to the Use of the Cold Bath, as aforesaid,

MICHAEL WARWICK.

London, January the 11th, 1703.

Michael Warwick Surveyor of the River, under the Honourable the Commissioners of Excise. And

And here not only Cold Bathing externally, but inwardly also, (I mean drinking of cold Water moderately) is of the greatest Use and Moment to human Life, if the Water be good, and well chosen, such as will easily lather with Soap, and is light, clear and smooth to the Taste, such as generally are Marle or Chalk-Waters; and of this Sort of Water I have observ'd Horses, Cows and other Cattle most delight to drink, nay they rather chuse to drink Pond, Ditch, or any Puddle, thick, disturb'd and turpid Water, than the cleareſt Springs, from Clay, Gravel, *&c.* there being in such Waters some harsh and disagreeable Particles, either to their Palates or Digestions. And here I well remember that one Mr. *Clarke*, an ingenious Gentleman of *Essex*, told me, that removing a Horse of his from a Pasture where was a sweet, soft, Chalk Spring, (it being a dry Summer) he observ'd that his Horse look'd very thin, and would not drink of the other Water in some Days, insomuch that he thought his Horse was sick; but trying him at the other Chalk Water, he drank until ready to burst: And this I have observ'd several Times, in all Sorts of Cattle, at all Seasons of the Year, they best knowing what Waters are noxious, what friendly to their Natures. But to be more satisfied in this, read an ingeni-

ous small Tract, call'd *Scelera Aquarum*, written by Dr. *J. H.* a Man of Learning, and clear Thought, where he shews the Mischiefs of *Well-water*, which generally (if not of Chalk) are impregnated with morbifick Salts, which abound in the Strata of the Earth, and are of most dangerous Consequences to those that often drink of them, either pure *per se*, or made into Beer, Ale, Coffee, Tea, *&c.* also read the learned and ingenious Dr. *Curteis*, in his Essay on the Preservation of Health, *p.* 52, *&c.*

Warm Water has been esteemed as a great Secret to prevent bilious Cholicks, and to further both the first and second Digestions, if a Glass be taken at the Close of our Meals, and no Wine nor strong Drinks taken after it. And here the learned *Georgius Baglivius* in his *Prax. Med. Lib.* 1. *Pag.* 82. holds it a Secret against the Stone, but then drank before Dinner: His Words are these, *viz.*

Calculus & Podagra plures interficiunt divites quam pauperes, plures sapientes quam fatuos. Tho', with his Leave, I have known a great many Blockheads have been plagued with both Gout and Stone, as well as wise Men; for a wise Man is known by's Actions, and not by his Words: For he is not wise, that wisely says, but he is wise, that wisely does; and what greater Sign of a Blockhead, than for a Man to persevere in

Whore-

Whoredom and Drunkenneſs, until a rivet-ed Diſeaſe entails his Folly (like his Coat Armour) on his Blood, and conveys the Poiſon to his unborn Poſterity? As if every Man would ſet up for an *Adam*, and make an Original Sin of his own, that the legitimate Off-ſpring may be more known by the Diſeaſes and Vices of his Family than by their Faces, *&c. Vinum, Venus, Otium & Crapula ſunt primi Parentes Calculorum ac Podagræ.*

Aquæ potus, lactis uſus, ſobrietas & exercitium eiſdem medentur.

Women and Wine, with Idleneſs alone,
Are the firſt Parents of the Gout and Stone.
But Exerciſe, to Milk and Water join,
You'll ſave, at once, your Money, Health (and Time.

Women and Wine, and Gaming if you ſhun,
Do what you will, you cannot be undone;
Happy's the Man that ſees this whilſt he's (young.

——*Exinde prodiit ſecretum illud eximium Zecchii relatum in ſuis Conſult. nempe hauſtus Aquæ calidæ ad* ℔j. *circiter ſtatim ante Prandium factus. Piſo & Alexander multis ante Zecchium annis, hoc idem aquæ calidæ remedium comprobarunt, dicentes quod poſt primum excretum calculum, nunquam impoſterum ali-*

os genitos fuisse viderint usum hunc aquæ calidæ multo tempore continuantibus.

And he reinforces his Argument again, and tells you plainly,

Omnia remedia Podagricis præscripta inutilia propemodum erunt, nisi Vinum, Venus, Otium & Crapula temperantius usurpentur.

He tells you that the eating of Musk-Melons, and drinking the Water distill'd from their Pulp and Seeds, is good against both Gout and Stone; but with this Caveat again:

Dummodo Vinum, Venus, Otium, & Crapula prudentius adhibeantur.

But our learned Author, *Baglivi*, being an *Italian*, shews both the Warmth of his Climate, as well as his good Nature, when so Gentleman-like, he gives his Patients a little Liberty by forsaking Wine and Women by Degrees,

Nisi temperantius *ac* prudentius *usurpentur.*

Which puts me in Mind of an old Drunkard's Advice to his Son, to leave that and other Vices *gradatim*, and not at a Jerk, as if the Soul would catch Cold by the Loss of a Vice or two, as the Body does, by leaving off a Coat, or Jerkin.

Ob-

Observations upon some late Cures done by Cold Bathing.

A Man that Dr. *Cole* and I saw the last Spring, come to the Cold Bath; his Case was a Contraction of his Limbs with a Scorbutick Rheumatism, and accompanied with a general Decay and Weakness of his whole Body. The first Time he came in a Coach, but the second Time he was led by his Wife, and the Help of a Staff, or Crutch, and I heard afterwards, that by a few more Immersions, he was recovered.

But a most remarkable Cure done by the Cold Bath, was, on one *Trubshaw*, a young Lad of about 12 or 13 Years of Age, who had not only a great Weakness on the Muscles of his Neck, but a Distortion of one of the Vertebræ, insomuch that his Head, if not supported, would fall towards his Shoulder on either Side. He had the Opinion of several eminent Chirurgeons on this Case, who besides many Applications, as Emplasters, *&c.* contriv'd an Engine of Steel, like the Lath of a Cross-bow, to run into a Swivel, and fastned by an Iron Stalk to the back of a Chair, whilst a soft Velvet Muffler took him under the Chin (as you have seen in some Neck-Swings) it was so contriv'd by the Help of the Swivel, as to turn on any Side, and yet keep his Head upright, as he

ſat in the Chair, which he would ſometimes do for ſome Hours. But all that was done to him, was ineffectual: His Unkle pitying the Condition of this hopeful young Lad (that had ſome Subſtance left him by his Father) conſulted me in this Caſe, and put the Queſtion himſelf whether the Cold Bath would do him any Service? Which Queſtion I anſwer'd but coldly, and doubtingly; but it was at laſt agreed to try it, and the Youth being very willing to do any Thing for a Cure, went in boldly, a Servant keeping his Head ſteddy betwixt his Hands, and ſo brought him (as I remember) to his Chair, where he ſat for ſome Time, or lay upon the Bed firſt, I have almoſt forgot: But in ſhort, the Youth in ſome little Time got a perfect Cure. This is two or three Years ſince, and his Unkle tells me, he continues very well. This moſt wonderful and remarkable *Cure* is well known to the eminent Mr. Serjeant *Bernard*, and moſt of the Phyſicians and Surgeons about Town, *&c.*

Mr. *Paul Derande*, an eminent Merchant in this City of *London*, had been long troubled with a moſt ſevere Cholick, which had ſo enervated and reduc'd him to Skin and Bone; his Pains were ſo extreamly pungent, that he had no Eaſe but when ſet upon his Head, which his Servant did often in a Day, by the Help of an Engine contriv'd and made for

for that Purpose. This Gentleman was sent from his Country House in *Kent*, to his House in *London*, by the learned Dr. *Fuller* Author of that ingenious Piece, *Pharmacop. Extemporanea*, to consult me about the Cold Bath in his Case; and really I was, when I saw him in that desperate weak Condition, his Stomach much gone, Appetite decay'd, could hardly go or stand a high-lone (as we say) affrighted at the Proposal, but seeing his great Courage and Resolution to try it, I consented and went with him. The first Immersion he bore to a Wonder, but Mrs. *Baynes*, as well as my self, thought that he would never come out alive. But to see what Opinion and Resolution will do; he so follow'd his Cold Bathing, that in a very little Time, he could walk from his House in *Budg-Row*, near *Walbrook*, to the Cold Bath betimes in a Morning, which is a Mile and a half, if not more. His Stomach return'd and his Flesh came on, and his Colour in his Cheeks, and by the drinking of the *Hot-Bath* Waters inwardly, and using the Cold Bath outwardly, he is become as well and hale as any Man. And as near as I can remember, this was the Sum of his great Cure; for I heard him say, when I ask'd him, how, under such weak and infirm Circumstances, he durst leap into Spring-Water so intensly cold? He answer'd, Doctor, 'tis impossi-

ble for you or any Man living, to conceive the Extremity of Pain I was in, and inexpreſſible Miſery I endur'd, inſomuch, that could I have been ſure of *Eaſe* after it, I wou'd have leap'd into as much *Fire* as there was *Water*; and I ſpeak this from a Senſe of the extream Torture I daily labour'd under. I have often pity'd this Gentleman's Caſe, for he is not only a Man of unſpotted Life and Converſation, but of curious and refin'd Parts, *&c.* and I think in ſome Particulars, this comes the neareſt to Mr. *Sam. Crew*'s Caſe of any that I have met with. And here a demi-brain'd *Doctor* of more *Note* than *Nous*, ask'd in the amaz'd *Agony* of his half *Underſtanding*, how 'twas poſſible that an external Application ſhould affect the Bowels, and cure the Pains within? Why, Doctor, quoth an old Woman, ſtanding by, by the ſame Reaſon, that being wet-ſhod or catching Cold, from without, ſhould give you the Gripes and Pain within.

Man is a Sort of a Muſical Inſtrument, and the Strings of Life and Death are tun'd or diſorder'd upon more Keys than a Welſh Harp, or a *Scoth* Bagpipe, eſpecially when an ill Fidler plays upon his own Carkaſs.

The *Hemiplagia*, which of all Sorts of Palſies, is the moſt ſtubborn and hardeſt to yield to cure, yet I have known ſome cured of it by the Hot Baths, and others by the Cold, and

and some again where neither Hot nor Cold Baths would avail, or signify any thing, as also all Manner of Medicines, both inward and outward, have prov'd ineffectual, yet, by Length of Time, and a regular Diet, some have so far recover'd, as to be able to hobble about, or walk feebly, but seldom attain to their pristine Vigour and Strength: But I have often observ'd, that those who have us'd fewest hot Medicines, and have striv'd and struggled with the Distemper most, have recover'd soonest: But especially upon the first Stroke of this half Palsie, the Use of hot Medicines are of most pernicious Consequence. After a Vomit and Bleeding, I have seen the Cold Bath do great Things often us'd, but then not to stay in half a Minute, just immerge, and so out again; yet I know a Gentlewoman of good Quality, and second to none for Endowments of * Mind, had the Misfortune to be ill treated in this Distemper in *Jamaica*, where she then liv'd; but coming to *England*, and landing at *Bristol*, she fell under my Care at the *Bath*. She was so very weak, and her Case seem'd so deplorable and complicated with Fits, partly Hysterick, partly Epileptick, and of a wonderful thin and spare Habit, *&c.* insomuch, that I had little, very little Hope of her Recovery. She made

* Mr. *Josiah Heathcoat's* Lady.

made an Eſſay in the moſt mild and temperate Part of the Queen's Bath, the Slip of that Bath coming to the back-Door of the Houſe where ſhe then lodg'd. But alas! ſhe was not able to endure, hardly, the Trial of it, the leaſt Heat did ſo diſorder her. From thence ſhe remov'd by ſmall Journeys to *London*, where, being miſled by the Perſuaſion of ſome Friends miſtaken in the Man, ſhe conſulted among others, *Eſculapian* Eminence, that Cardinal Cock-Robin of the Phyſick Conclave, the vain and empty Nothing of a great Name, under the Careleſneſs of whoſe Care, ſhe for ſome Time continued; but with ſuch Succeſs, as was ſuitable to the Inſuitability of his *giddy* and *fortuitous* Preſcriptions, as foreign to her Caſe as the Preſcriber to a Phyſician.

At my Return to *London*, ſhe ſent for me; but ſeeing her Caſe deplorable, I propos'd for her own, and Friends Satisfaction, the Aſſiſtance of another Phyſician: and the learned Dr. *Cole* was the Man pitch'd upon. We at firſt, after all the neceſſary Internals, try'd artificial tepid Baths; but finding ſmall Benefit by them, we plainly told her and her Relations, that if any thing would do her Good, it muſt be the Cold Baths. (A ſhocking Propoſal to ſo tender and weak a Woman, and but lately come

from the Torrid Zone, from between the Tropicks.) She readily consented to the Experiment, and try'd it with a Resolution and Courage not usual in her Sex; and by her Perseverance, and a Blessing attending the Means, she is recover'd beyond all Expectation. One thing is very remarkable in her Bathing, which is, she finding her self not well, with Pain in her Head, Back, *&c.* and not knowing the Cause, continued her Bathing as usual, but it prov'd the *Small-Pox* forming upon her; yet she escap'd, and came thro' it very well, and little or no Impression left on her Face where they had been, *&c.* and the last Time I saw this Lady, she told me she had been in the Cold Bath more than a 150 Times.

Note, That this Gentlewoman had two most severe Convulsions, at, or presently after, her first going into the Cold Bath; yet it no Ways daunted her Resolution, but she proceeded, tho' many Times with Jerks and Twitches, which at last vanish'd and went off.

And she also told me, that her Quondam Doctor being told of her Recovery, reply'd, that he could not believe it. And another stupid, self-will'd Member of the Physick-Craft, told me, that he would sooner believe Witchcraft and Spectrums, than that the Cold Bath could cure any thing in any Body;

Body; nay, quoth he, tho' I ſhould ſee it, I won't believe it.

And this puts me in Mind of a Phyſician, who, in Conſultation about Cold Bathing, told the Patient it would kill him; and that for his Part, he had rather be hang'd than try it. Quoth his Patient (who was a Sea-Captain) I ſee, Doctor, you are for *ſicca mors*, you like a dry Death, better than a wet one; But Dr. continu'd he, were you on Ship-board, and there condemn'd to die, I believe you'd be duck'd at the Yard-Arm ten times, rather than be hang'd once: Why ſhould wetting of a Man's Skin kill him? for beſides Baptiſm by Immerſion, we ſee Children, even in the Month, are waſh'd and cleans'd with Cold Water in all Seaſons of the Year, and yet theſe Children are not kill'd. I doubt, Doctor, your Nurſe was a Slut, ſhe let you lie in your ſh-t-n Clouts. You are a plump Man, Dr. I ſee now, quoth he, what Sort of Barton 'tis has made you ſo fat. At which the Doctor grew angry, and flung out of the Room.

The next Caſe is that of Mrs. *Margaret Bray*, of *Barrington* near *Burford*, in *Oxfordſhire*, who, for many Years, uſed Crutches, under which ſhe could ſtand, but I think hardly go, or but very feebly (if ſhe could at all;) ſhe uſed the Cold Bath two or three Times, but was diſſuaded from it two or

three

three Years, to the beſt of my Remembrance, and after the fruitleſs Trial of ſeveral Methods and Phyſicians, was by Mr. *Bernard* (chief Chirurgeon to her Majeſty, the preſent Queen *Anne*) advis'd to try the Cold Bath afreſh, which ſhe did, and with that happy Succeſs, as to get a perfect Cure. She came to ſee Mr. *Bernard* without any Help of Staff, Crutch, or any one to lead her, and ſo continued for ſome Years, more than two or three, as I remember; but (*hinc illæ lachrymæ*) ſhe one Day had been hard Riding in the Heat of the Weather, which then was exceſſive hot, and ſhe overheated by that violent Exerciſe, unadviſedly, with that Heat upon her, went into the Cold Bath, which threw her into Gripes and Cholick Pains, but how ſhe was order'd in them, I can't tell, but the poor young Lady dy'd. So here not the Means, but the intempeſtive Uſe of it, is only culpable for that Misfortune.

If the *Cold Bath* was the Cauſe, (which no Man upon Earth can demonſtrate) moſt probably her Caſe was the Iliack Paſſion, as I am inform'd, which might be forming upon her from ſome other Cauſe, before ſhe enter'd the Bath; and an Inflammation of that Gut often ſphacelates, which is always mortal where it happens. We ſee it cur'd Mr. *Derande* of Cholick Pains, and the

Lady

Lady that had in her bathing the *Small-Pox* forming on her. I hope no body will be so fooliſh, as to think, that the *Cold Bath* was the Cauſe of the *Small-Pox*. I ſaw a young Man fall into an Epileptick Fit, (ſuppos'd frighted) by ſeeing another leap into a *Cold Bath*. 'Tis paſt Doubt, had the Youth gone in at that Time himſelf, all would have thought that the Bath was the Cauſe of his Fit, *&c.* as in many ſuch Caſes. Yet I no ways approve of going in with the leaſt Heat above the Standard of the Blood.

'Tis true, that the *Indians* in *America*, and in many other Parts of the World, as in *Muſcovy*, &c. uſe to leap into extream cold Water out of their hot Stoves, *&c.* as may be ſeen a remarkable Caſe in Mr. *Pen*'s Letter to me. But we muſt philoſophize upon that Point a little: for one is a Heat procur'd by Art, as Fire, which attacks the Body from without inward, the Body ſitting in a ſtill, ſedate and quiet Poſture, the fiery Particles firſt heating the Skin, and cutaneous Glands, and the Fluids contain'd in the ſmall and capillary Channels of the Veins, Arteries, Lympheducts, *&c.* next the Habit of the Body, as the Muſcular Fleſh, with the Oily Parts, as Fat, *&c.* when all theſe are throughly heated above the Standard of the Blood, by long Seſſion in a Stove or Bath, *&c.* the Pulſe begins to put

put on, and mend its Pace, ſlower or quicker, according to the Degrees of Heat preſſing on, or obſiding the Body, the Sweat begins to run more or leſs, as the Body is proclive from its Texture and Frame, or as it is more or leſs oily, obeſe, lean or dry. And altho' the Pulſe is perceptibly enough felt to riſe, yet the Lungs are at quiet, and Reſpiration unconcern'd in the Hurry: But when the Motion is made from within outward, Reſpiration and Pulſation ſtart fair, and are acuated together; for running 20 Yards ſhall more affect and accelerate the Pulſe in half a Minute, than ſitting in the hotteſt Bath two Hours; for in the Action of Motion, the Spirits and Fluids more intimate, and in the Channels are firſt heated and the Habit and Oily Parts loſt. So that leaping into cold Water from a hot Bath or Stove, cannot make ſuch a Check and Alteration upon the Body, as when the Body is heated by Motion and Exerciſe; for firſt the Heat and Cold made from without inward, drive both one and the ſame Way, tho' they are contrary Qualities; but the Heat raiſed from within outward, meeting with the Cold driving againſt it, ſuch a ſudden Claſh of Contraries muſt turn the driven Fluids on the driving Spirits, and cauſe a great Diſturbance and Diſorder in the whole Regulation and Oeconomy.

I have had several Acounts of People's being much reliev'd, and some perfectly cur'd by the Use of cold Immersion in Asthmas, and other Difficulties of Breathings; especially if the Infirmity is taken in the Beginning, and not confirm'd by Time. Yet an old Gentleman of near 60 Years, lately told me, that having had a Convulsive Asthma for at least 7 Years, he was so cured at three Times Bathing, that he had not the least Fit in three Months after; and believes that had he liv'd temperate, and continu'd bathing sometimes, it would not have return'd.

Apples and pomaceous Juices, unfermented are the greatest Pectorals, by the Testimony of Experience; and Sir *John Floyer* himself has found the greatest Benefit in his most severe Asthma by the constant Use of Apple-Water, which is his *Potus Ordinarius*, as well at Meals as otherwise. And this puts me in Mind of a certain Gentleman that din'd at Dr. *Cole*'s House with my Lord *Fairfax*, and my self, about three Years since, who told us that he saw, in *Holland*, a Gentlewoman and her three Sons who came thither, from somewhere near *Pomerania*, to claim an Estate due to them, as next Heirs, by the Death of some Relations, *&c.* and that both Mother and Sons, were so very old, that betweem them, they made

made Four Hundred and Thirty Seven Years; for what any one was ſhort of a Hundred the others were above a Hundred, which made up that compleat Number of Years; and that they looked all freſh ſaving the Old Woman, who was pale and very thin, and that ſhe lean'd on the Shoulder of one of her Sons when ſhe walk'd. That the Sons were very healthful, and had all of them long, grey Beards, as alſo their Heads were very grey, but not bald. And I remember that *Hippocrates* ſays ſomewhere, that to be grey betimes and not bald, is Sign of a long Life, *&c.* But what I mention theſe People moſtly for, is this, that being by this Gentleman interrogated as to their way of living in Eſculents and Potulents, he found that their Drink was chiefly Apple-Water, or Crabs bruiſed and ſteeped in Water, or pure Water, or Whey, *&c.* and their Meat plain, ſimple, Country-Food, and but little Fleſh. He told me, that he forgot to ask them as to their Employment, Exerciſe, Reſt and Labour, *&c.* which would have been very neceſſary to have been known. And here ſince we are upon Apples, my learned Friend Dr. *Savory* of *Marlborough*, told me of a Horſe diſeas'd and broken-winded, (as they call it) was turn'd into an Orchard of one Madam *Caloway*, near *Marlborough*; and this Horſe by eating the

Apples that fell from the Trees, and all those he could reach, in some little Time, was observed to mend, and grew better and better, so that he became again serviceable and fit for Use. And meeting with this Gentlewoman's Son, a Surgeon in *London*, he confirm'd to me the same Story; which is the more remarkable, because the Case is new, at leastwise not observ'd as ever I heard of. That Apples are a wonderful Pectoral *Expertus loquor*, for Apples and Milk, *&c.* sav'd my Life twice in a most deplorable and confirm'd Phthisis; and I remember that that learned Gentleman, Sir *John Hodgkins*, sometime President of the Royal Society, and Master in Chancery, lately deceas'd, told me, that he knew a Consumptive Gentlewoman worn to a Skeleton, perfectly cur'd by the sole Use of Apples and Apple-Water. And of this kind many Instances might be brought; but two or three Examples are enough to confirm the Thing, *&c.* But to our Business of Cold Bathing.

A Physician of good Learning and Reputation told me, that he knew a Smith in *Yorkshire*, who had a Cancer on his right Side, that had eaten the Flesh to the Ribs, and as broad as the largest Man's Hand, who was perfectly cured by bathing in a Mineral Water, and keeping a Cloth wet in the same Water always to it. *Am-*

Amphillis Brown, of *Hall Court*, within three Miles of *Bromyard*, in *Herefordshire*, by drinking and washing in a cold Spring near *Bridgnorth*, was cured of a Cancer about two Years since. Both wonderful Cures! if true Cancers; which I very much doubt, because I have often heard the most eminent Surgeons affirm, that they never knew a true and confirm'd Cancer ever was cured. But to invigorate these two Relations of Cancers, take this late one, which I my self know to be true. One Mrs. *Margery Bolton*, Wife to Mr. *Edward Bolton*, belonging to the Queen's Audit Office, received some Years since, a Blow with the Key of a Door, somebody opening the Door suddenly, and she behind it, which Blow pain'd her much at first, but afterwards it seem'd tolerable, but not totally receded; but in some Time it grew worse and worse, at Length it grew big, gremous and hard, and pain'd her very much, and at last *exulcerated*; she had the Advice of several eminent *Surgeons*, who all view'd it, and concluded that it was an incurable Cancer. About *January* 1707. I was desired to see her, I being acquainted with her Relations, I knew her from a Child; I declare that the Room smelt so fœtid and cadaverous, that I was not able to endure it; she

told me that she was in a dying Condition, and that she shou'd never see me more, and truly I thought so too; she was so emaciated and worn away, that I wish'd her a comfortable Passport to the other World, and so took my Leave of her. In *April* following, I casually met her Husband in the Street, and I ask'd him how long his Wife liv'd after I saw her? he smiled, and said that she was alive and well. At which I being astonished, presently went to see her; I found her about her House, in her Business, and receiv'd me with a chearful Countenance. I ask'd how she came by that wonderful Cure? she told me, by taking constantly a *Mineral Water* in *Southwark* at or near the Dog and Duck, which purged her much at first, and keeping a wet Cloth dip'd in the same Water always to her sore Breast, at length the putrified Lump of the *cancerated* Matter separated from the sound Part of her Breast, and hanging only by some few Filiments, which she clipp'd off with her Scissors, it fell to the Ground like a Piece of corrupt Liver, and applying a Pledget of *Ung. Basilicon* to that Part where she clipp'd off, was very soon cured. I think this is the Sum, if not the whole she told me; but if any body wou'd be farther satisfied, she lodgeth at a Shoemaker's Shop, in the little

Passage

Paſſage between *Jermyn-ſtreet* and *Piccadilly*, very near St. *James*'s Church.

There are many Mineral Waters in the Kingdom that do very great Cures by waſhing and drinking; they waſh off, or blunt the Points of the corroſive Salts, which keep the Glands raw, and turn all the Supply or Chyle, into an eroding Gleet, or fretting fœtid *Pus*.

My Old Friend Mr. *Edward Rigby*, now Member of Parliament for *Preſton* in *Lancaſhire*, has a very cold Well, Sainted with the Name of *Anne*, in the Days of Foppery and Superſtition, which Well does a great many Cures, both by waſhing and drinking. He has ſent me a great many Caſes of Cures, too long here to inſert; but the chief are Sores of all Sorts; but admirable for ſore Eyes, the Worms in Children or grown People, alſo ſwell'd Legs, Rickets, wandring Pains, as Rheumatiſms, *&c.* to which a great many People reſort with Succeſs.

There are a great many Cold Baths lately erected in *England*, and next to Mr. *Baynes*'s, is that at *Batheſſen*, near *our famous Hot Baths*. It is a very cold Water, ſoft and alkalious, for it will lather, which few cold Springs will do, ſo the wholſomer to drink. It riſes on the Side of a ſteep Hill, with a brisk Current, and runs North-

Weſt and by North. 'Tis in the Grounds of Dr. *Panton*, and by him built, and made very convenient for all the Uſes of a Cold Bath. From it is a pleaſant Proſpect to the City of *Bath*, and other various and delightful Proſpects of the Country; and beſides theſe Advantages, there is another alſo (but not to be ſpoke of) the Doctor keeps for his Friends, a Cup of humming good Liquor there alſo; but *Mum* for that, and *Mum* in Print is like ſealing a Bond in private, which begins with *Noverint univerſi.*

The Honourable *Charles Stanley*, Eſq; Brother to this preſent Earl of *Derby*, has made a noble Cold Bath in *Grippy Wood*, near *Ormskerk* in *Lancaſhire*. I am told he has made it a very compleat Bath, with all the uſual Conveniencies. 'Tis but lately erected; and the firſt Man that went into it for any Infirmity, was a labouring Man, one *Thomas Beck*, whom it cur'd in a very few Immerſions; but what his Caſe was, I was not inform'd, any farther than Aches and wandering Pains.

What the *Briſtol* and other Cold Baths do, I do not hear; but this I know, that all Cold Baths do the greateſt Cures to thoſe People who have been in our Hot Baths firſt; and why it ſhould prove ſo, the Reaſons are very clear.

For

For first, a clammy, cold, phlegmy, tenacious Humour fixt, can never be remov'd by the Cold Baths, but stiffen'd and made worse; but when relax'd and loosen'd by the soft dissolvent Waters of the Hot Baths, the Viscosity of those tough Humours are melted down, and wash'd off by Sweat, and much the sooner and easier when assisted by the Blood and Spirits, brisk'd and invigorated by constant drinking these *Nitro-Sulphureous* Waters, warm from the Pump.

Then indeed, like Winter's succeeding Summer, the Cold Bath may be seasonable (when the morbid Matter is remov'd) to strengthen and confirm the Muscles, and Tone of the Parts; it braces the Nerves, and relax'd Membranes, and so fits their Drum to beat a March to the next Tavern, where they sit like so many *Turks* in their Napkin Turbants, and with Antichristian Discourse over Christian *Wine*, carefully spill nothing but their Healths, and so, God knows, mar many a good Cure.

And I have known many Cases, in which neither Hot nor Cold Baths have touch'd singly; yet join'd, that is, successively used, have perform'd the Cure.

I have known, when the Blood has been heated above its Standard by drinking strong Waters, burnt Wine, *&c.* or swimming, diving, *&c.* or staying too long on

the hot Springs that ſuch Violences have thrown 'em into Fevers, which was the Caſe of Dr. *Conqueſt*, by drinking Quantities of ſtrong Wine after the hot Bath Water, which led it into his Blood, and gave him ſuch a *Plethora*, of which he died, which Bleeding, nor any other Evacuation avail'd, his Blood being fizy, putrid and corrupt; but Dr. *Baden*, (a Man much lamented) after having heated himſelf with Dancing went into the hot King's Bath, and drank Wine there, which threw him into ſuch an intenſe *Fever* as I ever ſaw Man in, he fooliſhly on his own Head purged himſelf, when he ſhould have bled plentifully, the Want of which was his Deſtruction; he ſent for my *ſelf*, Dr. *Gould*, and ſeveral Phyſicians, when it was too late, but when dead, before he was cold, when ſtirr'd and laid upon the Floor, the Blood iſſued from his Noſe and Mouth very thin, and much in Quantity, the conſtituent Parts of that Fluid, *viz.* the *Globules*, being broken and deſtroy'd. My *Experience* at theſe *Hot Baths*, has been of no leſs than 37 Years ſtanding, and in that Time I have known many have miſcarried, thro' over bathing and drinking ſtrong Liquors in the Bath, and many over heated and feveriſh, I have recovered by giving them *Plantain* Water, with Syrup of Lemons, as a Julep, after

Bleed-

Bleeding, which is the first Thing to be done, and at Night an Emulsion of the cold Seeds, with the Decoction of Plantain or the distill'd Water; but if you find the Fever very intense, the Pulse hard, and much too frequent, the Face high colour'd, the Eyes *blood-shed*, and the Patient restless and uneasy, I have frequently given this Julep with good Success.

℞ *Aq. Plantag. Lujul Equiset* (*ejus defectu è Germ. Quec. aut. Symph. Maj.*) *an.* ℥iss. *Cinnam. fortior. Epidem. an* ʒiss. *Syr. de Mecon.* ℥ss. *spr. Vitriol dulcis Gutt.* x. *misce capiat hora quietis.*

For his constant Drink when thirsty, Pippin-Thea, sweeten'd a little with Syrup of Rasberries, *&c.* and a little Liquorish or Althea Root, infus'd in the Thea will prevent Griping, which sometimes Apple-Water will give. I have found Plantain, and such gentle cooling restringent Plants to be of wonderful Use in Fevers, for they preserve the Texture of the Blood if given in Quantity. And I remember that *Marggrave*, a publick Professor of Chymistry in the University of *Leyden*, 40 Years since told Dr. *Johnston* of *Warwick* and *my self*, (when his Heart was a little open'd with Wine) that Plantain and the Preparation of it, was in general the greatest *febrifugium*, that

that he knew of any one Medicine, either Galenical or Chymical, *&c.* And the hot Stoves and Bagnios in and about *London*, has been the Deſtruction of many a Man, by over-heating the Blood after Exerciſe or Drinking, *&c.* as ſome of the Keepers of thoſe Houſes have ingeniouſly confeſs'd to me.

Which unhappy Accident proves the Truth of my Aſſertion, when either Heat or Cold drives contrary Ways, tho' the ſame, or contrary Qualities: For Heat made from within outwards, going into Heat, preſſing from without inwards, makes a ſtrange Hurry and Bluſter in the Blood: And in ſuch a Caſe there is but one Way to quiet and appeaſe that Quarrel, which I found out by an Accident on my ſelf.

In cold Water alſo there is the like Diſorder, if Men go into it hot from Exerciſe; ſome have had their Limbs taken away, others their Hearing, as a Gentleman on his own Head went from the Hot Bath to the Cold Bath at *Briſtol*, and being hot with walking, and entering into a Sweat, was at the firſt Dip, or Duck, taken deaf; but was afterwards reſtor'd, but not without ſome Trouble. And here 'tis very pertinent to inſert a Letter of an ingenious young Gentleman, a Member of this preſent Parliament, whoſe Caſe is extreamly appoſite to this Purpoſe

To

To Dr. Edward Baynard.

SIR, *Feb. 3d, 1705.*

HEaring you were upon making some Observations on the Cold Baths, and the Operation of Heat and Cold on Human Bodies, I could not but acquaint you with some Experiment of that kind. The Experience of which, I must confess, I have unfortunately bought. And the Thing is this.

About Eleven Years ago in the Summer-Time, when Grass was ready to be mown, I being a School-Boy, went down to a River, with four or five more, where, after we had been all in the Water, we ran about the Meadows, all naked to dry our selves: But the Weather being excessive hot, we soon exercis'd our selves till the Sweat ran; upon which, I being in a Sweat as well as the rest, went to the River and leapt in. I no sooner was in the Water, but my Limbs fail'd me, and there I lay helpless, the rest not daring to come to help, fearing the like Accident, till one being somewhat cooler and bolder than the rest, lifted me out of the Water. Upon this, I was carried home, where after having taken something by the Direction of a Physician, who happen'd then to live in the House with me, next Morning I had the Use of my Limbs, as well

well as ever: But alas! every thing was in a deep Silence, all Mouths had loſt their Tongues, Bells their Clappers, Birds their Notes, Trees their whiſtling; in ſhort, ev'ry thing mov'd, as it were, by Enchantment; and to conclude, my Senſe of Hearing was ſo firmly lock'd up, that *Ulyſſes* ne'er ſecur'd his Companion's Ears ſo well againſt the *Syrens*, as mine were againſt all Sounds whatſoever. But, I thank God, by Degrees my Hearing came to me, and I hear now very well.

I ſhall add but one thing, and that is my Head was not under Water, which, perhaps if it had, it might have had other Effects. But this I ſhall leave to your Conſideration, who am,

Your humble Servant,

G. D.

From what has been ſaid, there is Cauſe enough of Caution, how Men unadviſedly run into Water either hot or cold, after being warm'd by Exerciſe, or ſpontaneous Sweats, for ſuch Sweats are oftentimes critical: And to make a Check upon a Criſis, when Nature is throwing off the morbid Matter, may be of moſt dangerous Conſequence, and with the greateſt Care and Circumſpection to be avoided. 'Tis true, what Cuſtom may do for early Uſage, I can't account

count for; for 'tis Matter of Fact, that in *Holland, Flanders*, and those Countries, when their Horses are all in a Foam, by Sweat and Labour, they immediately rush 'em into cold Water, and set them up, and yet they get no Harm. But Horses that have not been accustom'd to such Usage, must receive great Damage by it; but let a Horse be never so hot, if you swim a River on his Back, and ride him hard after it, he receives no Harm, because the Motion of the Blood and Spirits being made the same Way that it was before he took the River, is continu'd from within outwards, from the Center to the Circumference; and the Check made by the cold Water, can be but small, because the Horse labouring in swimming, continues the same Motion, and with as much Labour as he did in his Speed in running, *&c.* but it is the standing after such violent Exercise that does the Mischief. So walking a Horse, or any other Animal so heated, until he become cool, no Injury ensues: And I heard an old *Oliverian* Soldier say, That they preserv'd their Horse much better than the *Cavalier* Party, by only observing strictly the Injunction laid on them by their Officers, to walk their Horses after a hard March, until they were cool, *&c.* And Huntsmen will tell you, it has often been observ'd in *Foxes*, that after a hard Chase, they'll

they'll walk themſelves cool before they earth. But the ſilly Hare ſquats in her Heat, and has often been taken dead, and ſtiff from her Form.

I once in hunting a Fallow Deer in the Month of *July*, and a very hot Day, ſaw a ſprightly Colt about 2 Years old, follow'd the Dogs over Hedge and Ditch during the Chaſe, and, I think, the Buck ſtood about four Hours before he ſunk, and was ſeiz'd by the Dogs. This Colt being very fat, and all over in a Foam, ran into a Pond, drank his Fill, and then lay down; the Huntſmen with much ado got him out, but he died in leſs than half an Hour. And here I remember that Colonel *Bampfield* of *Hardington* in *Somerſetſhire*, told me, That a Stag, after a very hard Chaſe, took the Water, drank his Fill, and ſtood at Bay with the Dogs, but ſoon ſunk. And he did ſolemnly profeſs, to his great Amazement, that cutting the Deer's Throat whilſt he was warm, the Blood ſtunk, and was putrid, as it run from his cut Jugulars, *&c.* He was a Gentleman of Worth and *fide dignus*, and ſince I have heard ſomething like this confirm'd by others.

How many have been deſtroy'd by drinking cold Liquors, after heated by Action? Contrarily, the Guides at the *Hot Bath* never catch Cold, by drinking cold Liquors, tho'

tho' never ſo hot by bathing; and what is worth Obſervation, after a large Draught of Beer, or Ale, (if hot by bathing) that the Sweat ſhall immediately burſt forth, and ſtand like ſo many Pearls upon their Skins; which old *Stephens*, who was a Guide above 50 Years, has often ſhewn me in the Slip; and tho' through ſuch profuſe Sweats, they piſs but little, yet many of them live to great Ages.

I am of the Opinion, that Man is not a drinking (becauſe not a carnivorous) Animal, at leaſt no more than a Rabbet, or Sheep, forc'd to it when the Graſs is Sunburnt, parch'd and dry, for if we liv'd as did the *Antediluvians*, on Fruits, Roots and Herbs, *&c.* thoſe Eſculents had Moiſture and Succulency enough to abate, (or rather to prevent) Thirſt. For under a ſtrict Temperance, where Men ſweat but little, and uſe no ſalted Meats, they are ſeldom or never thirſty. And I knew a Man that told me he had not drank in a Month; but then his Food was Apples, Melons, *&c.* And the leſs Men drink, nay and eat too, the better Health they enjoy, and are briſker and more lively than the *Sot* and *Glutton*, and live twice or thrice their Ages; for their Organs are leſs uſed, and conſequently leſs worn. They breed leſs Spirits, leſs Blood, the Veins and Arteries are not ſo fill'd

fill'd and crowded, the Circulations not so swift and frequent, the Bowels not so thin, and the Mucus not wash'd off, which is not only a Lining and Defence to the Stomach and Bowels, but to the Veins and Arteries also, to keep their Coats from wearing in too quick and frequent Circulations, which in unnecessary and thirstless Epotations, especially of strong and spiritous Liquors, that unthinking Animal, the Drunkard, puts the fatigu'd Troops of his own Houshold (*Sots Hall*) too often upon; till they ravage and lay waste that Carkass, in a few Months, which might have serv'd and honest and sober Soul to have liv'd comfortably in a hundred Years. Who, when he is forsaken of his Health, Money, Time, Friends and God, too late cries out, in the Bitterness of his Soul: Oh! that I had been wise, *&c.*

But, *ad Rem.* I am of the Opinion, that Spring-Water, cover'd in a House, is much colder in the Night than in the Day, considerably colder I mean, than the Absence of Light can be suppos'd to make it; especially three Days before and after the new and full Moon, as the Spring Tides rise and fall; they give a strange Frigidity to the Air, about that Time, especially when the Wind is at any Northern Point. This I have tryed by my Hand, but not yet with

a

a Thermometer. That Cold is a Positive, and not a Privation, *Sebastianus Wirdig*, in his Tract *de Medicina Spirituum*, tho' Paradoxical enough, yet in some of his Notions he may be right. He says, That the Moon is as truly the Cause of Cold, as the Sun is of Heat; and he calls it a cold Fire, and that it burns from its intense Frigidity, *&c.* and that the Lunar Rays were the true and strict Cause of Cold: His Words are,

Ut Calor is ignis Solis seu Solaris qui calidus est, & à Sole tanquam à fonte ad nos radiat, ex opposito frigus erit Ignis frigidus, ex Luna ad nos demissus.

—— *Frigus autem esse Spiritum Lunarem monstrabo* 1 *per Mechanicam. Radii Lunares collecti per Lentem seu Speculum concavum frigidi sunt & igne suo frigido Spiritus verrucarum vegetantes enecant.* And mighty fond he is of this Notion, that Cold is a Fire, and that the Easterly Blasts, as the *Etesiæ*, burn the Leaves and tender Twigs, which blighted Leaves, if rubb'd between your Hands, smell very strong of a Sulphurous Gas. And that most intense Cold will extinguish a Candle. I suppose it must be by sheathing the keen Particles of Niter into the Tallow, which Niter is invellop'd in the frozen aqueous Particles of the Air, which thawing by the Flame, it is by them

extinguish'd, or else the Flame reaching and melting the small volatile frozen Icicles hovering in the condens'd ambient Air, resolves it into a Fog or Mist, which damps, suffocates and choaks the Flame.

Imperium sibi arrogat frigus in ignem, ita ut intentissimam Candelam extinguat.

That the *Cold Bath*, the colder it is, the swifter the Spirits concentrate and flie from it, is seen in Cyder and other spirituous Liquors throughly frozen, where all the Phlegm shall be condens'd, and the vinous inflammable Spirits crouded and concenter'd in the middle of the Vessel, *&c.* which Spirit is generally more or less, according to the Strength of the Liquor. But a Country Gentleman told me, that he in the great Frost, *January*, 1683. saw'd a Hogshead of very good Cyder so frozen, in two, and that he had not above the 55th or 60th Part of pure Spirit; for some was split in the Operation, and that it lay in a Nest of an Oval Form, *&c.*

I have observ'd some of the best Cures, done by the *Cold Baths*, is from a sudden Plunge over Head, and so immediately go out, and repeat it two or three times in a Day, especially twice in a Morning, an Hour or two between each Immersion, when the Stomach is empty; for then the Body's not repleated and stuff'd with Food,

and the Head ſerene and clear, the Spirits have room to ſhoot, retire, and concentrate, which upon going out of the Bath, the Preſſure and Frigidity being taken off, by their ſpringy and elaſtick Power, force their Way and Paſſage thro' the obſtructed Nerves, *&c.* but long ſtaying in, weakens their Force, and the Benefit of the Immerſion is loſt.

Hence I may inſtance for a Simile, a Bow which drawn ſmoothly to the Arrow's Point, and that Moment let fly, it ſoars aloft, and anſwers the Intent of the Shooter; but if it be drawn to the Head, and there held five or ſix Minutes, the Fibres of the Bow being weaken'd by ſo long a Tenſion, it hardly has Strength to eject it far from the Station of the Archer.

A Gentleman of the *Temple*, a hale ſound Man, of a ſtrong athletick Habit, out of a Humour, and to try his Strength, ſtaid in the *Cold Bath* of Mr. *Baynes*, at leaſt 15 or 16 Minutes; but it ſo chill'd him, that he had much ado to recover it, and was not well in ſome Time.

Another ſtaid in St. *Mungo*'s ſo long, until the Veins in the extreme Parts began to look black, and the Blood ſtagnate, but was, thro' Care, recovered; but came not rightly to the free and genuine Uſe of his Limbs in ſome Months. So that the beſt Remedies have their *nocumenta*, when ill

administred, over-dos'd, or abus'd thro' Folly and Ignorance. So Patients in these Courses should be rul'd by their *Physician*, and not jest away themselves out of a Bravado; so a Man that can't *swim*, and han't Help near, *an Inch* over the *Nose*, will as soon *drown* him, as if cast away in the *Bay* of *Biscay*. But, I hope, a Word to the Wise is enough.

The best and wholsomest thing in Nature may prove noxious, by intempestive or immoderate Use, according to the old Distich.

Balnea, Vina, Venus, corrumpunt corpora nostra,
Restituunt eadem, Balnea, Vina, Venus.

Baths, Wine, and Wifes,
Destroy, if took too much,
But healthful all,
When now and then a Touch.

So that nothing can be so friendly to our *tender Natures*, as the temperate Use of every Thing, especially those which relate to our *Healths*; and 'tis rare to see very Old Men, or Women, but in some one thing they were always cautelous, and liv'd by a certain Rule, either in Eating, Drinking, Rest, Exercise, *&c.* or not easily angred or disturb'd by other turbulent *Passions* of the *Minds*; and 'tis such People that usually bring sound and healthful *Children* into the World; and on the contrary, the proud, haugh-

haughty, froward, ill-natur'd, that vex and fret at every Trifle, together with their high savory *Sauces*, Wine and strong Drink at every Meal, Supping in a Morning, and Dining at Supper-Time, bring a Brood of miserable small *King's-Evilly*, *Scabby*, *Ricketty Infants* scarce worth the rearing.

If such the Offsprings *are of Parents lewd,*
What must the Product be of th'second Brood?
And their Produce *will still be worse and worse,*
Besides the Ails *the Child sucks from the Nurse.*

And now I speak of the *Rickets*, I know nothing in Nature so *Specifick* and present a Cure as cold Immersion: and therefore, I believe, this Distemper was not known in the Time of *Hippocrates*; where he says, Cold is naught for the Bones, Brain, Teeth, Nerves and Spinal Marrow, *&c.* where chiefly the Seat of the Rickets lies. His Words are τὸ ψυχρὸν πολέμιον ὀστέοισιν, ὀδοῦσι, νεύροις, ἐγκεφάλῳ, μυελῷ. And concludes the End of the Aphorism τὸ ὃ θερμὸν ὠφέλιμον, by which he means *Heat*, or *Warmth*, are of Use, and comfortable to these Parts, to which he supposes, that Cold is injurious. As to *Cold*, I concede and agree with him, *quatenus Cold*; but cold Immersion only acts as cold upon the *Surface* and outward *Skin*, and by closing the *Pores*, &c. stops the perspiring *Effluvia*, and turns those heated and

warm Steams on the Blood again, which muſt invigorate the Blood and Spirits by the Addition of that *Heat*, which is loſt by a continued *Perſpiration*, the Body being incarcerated in Water, and all the *Avenues* ſtopp'd up, even *Reſpiration* for that Moment of *Submerſion*; which, I think, is the only Meaſure of *Time*, (Children at leaſt) and *weak* People, ought to ſtay in the *Cold Bath*, and let the Immerſion be the oftner repeated; by which Means they would be ſecur'd from thoſe *Accidents* and *Hazards*, which a longer Stay might bring upon them. And this ſeems to be the Sentiment of the learned *Sennertus*, l. 4. c. 7. *de Baln. Frigida vero aqua Partes quidem, quas attingit, refrigerat, ex accidenti tamen, Poris concluſis, atq; intro repulſo & coacto calore, calefacit. Unde ſi ex diſſipatione calor nativus periclitatur, frigida tempeſtive exhibita eum recolligendi & conſervandi non parvam vim habet totumque Corpus, & imprimis carnoſam Muſculorum ſubſtantiam firmat.*

As to the *Rickets*, it was a Diſtemper in *England* almoſt worn out, but now it begins to come in *Play* again. But in the Time of King *Charles* I. it was almoſt *epidemical*, few Families eſcaping it; eſpecially thoſe that were rich and opulent, and put their Children out to Nurſe; where, thro' unnatural *Uſage*, and vitious diſagreeable *Milk*, the

the Infant was ſoon ſpoil'd by contracting from the drunken *Nurſe, cacocymious* Juices; hence with the growing *Infant*, grew up the *Boot*-Faſhion for the Men, and long *Coats* for the Women; for they were ſo aſham'd at their crooked *Legs*, that they wore *Boots* to hide them. And this beginning at *Court*, among the *Quality*, the ſtreight Leg'd *Fools* muſt follow the Faſhion, and wear *Boots* too, with great Boot-Hoſe-tops of fine Linen, lac'd, and jingling *Spurs*, which gave Occaſion to the then witty *Spaniſh Ambaſſador* at his Return home, to jeſt upon our *Follies*; for being ask'd by his Maſter, the *Spaniſh King*, if *London* were a populous *City?* he anſwer'd, it *was*. *Was!* reply'd the *King*, why is it not ſo now? No, quoth the *Ambaſſador*, I believe they are gone e're this, for they were all *Booted*, before I came out of *Town*.

Theſe *Nurſes* ſpoil and deſtroy, thro' Neglect and Want of (true Mother) *Tenderneſs*, two Thirds of the poor Infants committed to their Care. A very pious and good Man, *Miniſter* at this Time of a certain Town not far from *London*, on the Banks of the River of *Thames*, told me, with a great deal of Sorrow and Concern, that it was the greateſt Trouble he had in the World to ſee, even in his own *Pariſh*, how many Children were ſacrific'd Yearly to the bar-

barous Treatment and ill Usage of their *Nurses*, what with bad Milk of their own, and feeding the young Infant with mixed Meats and Drinks, as *yeasty* new *Ale*, or *stale Beer*, &c. which makes it *puke*, or gives it the *Gripes*, from green porraceous *Bile*, &c. Then it has the *Worms* forsooth, and must be physick'd the Nurse's Way, by some neighbouring drunken old Woman, or Favourite *Quack* or *Apothecary*, who vouches for the Nurse's Care, that its Time was come, and no more could be done; and this dismal Alarm is posted to the *Parents* two Hours after it is dead, to hast down, the Child being suddenly taken very *ill*, and that usually when 'tis over-*laid*, or *choak'd* with hard *Bandage*, &c. Down comes Madam the *Mother*, furbulow'd, with an erected *Rump*, crying and bellowing and running about *half mad*, like a *Cow* stung with a *Gad-Flie*, and with her *Maid* laden with *Pots*, *Glasses*, *Venice-Treacle*, *Goody* Kent's *Powder*, *Goa-stone*, *Black-Cherry Water*, &c. And after her, *Easie* her Husband with a Coach and Four, with perhaps, a Brace of *Doctors*, or some famous *Child*'s Apothecary, *&c.* And thus the *Parents* are kept in the *Dark*, and the *Murther* of their Children stifled, when all this might have been avoided, by bringing the Child up by *Hand*, at home, under the Mother's *Eye*, if thro'

thro' Weakneſs, or Want of Milk or good *Nipples*, ſhe could not nurſe it her ſelf. But theſe Deficiencies in the Mother, are chiefly owing to her *Parents*, who muſt have Miſs fine, and tight lac't for a *ſlender Waſt*, or a *Ball* or a *dancing Bout*, &c. Hence the Nipples are ſqueez'd in, and the whole Breaſt laid flat when young. Thus the *Glands* are preſs'd and injur'd, and made incapable *fungi officio*, in lactifying and ſweetning the Blood into that delicate *Juice* call'd Milk, and ſometimes worſe Accidents attend theſe hard Lacings, as *Cancers*, *Schirrous* and hard *Tumors* in their Breaſts, *&c.* But Women that are not able to nurſe their Children, and will not, thro' Pride, Lazineſs, or ſomething elſe not to be nam'd, are Monſters or the worſt of *Brutes:* for nothing can be ſo friendly and homogeneous to the *Child*, as the *Mother's Milk*, being of (or very near) the ſame *Subſtance* of which the Child was *made*, and nouriſh'd in the *Womb.* And I am of the Opinion, that without *God's great Mercy*, there are more Women *damn'd* for Child-deſtroying, than *ſaved* by Child-bearing. Do they know what they do, when they fooliſhly or wickedly deſtroy a *Child?* Who knows what this Child might have come to? They may rob Heaven of a *Saint*, the Throne of a *Prince*, the Church of a *Biſhop*, and the Bench of a *Judge*, &c. Great

Men

Men and good Men have ſprang from mean *Parents*, and ſmall Beginnings, and yet have been inſtrumental to ſave a *Kingdom*, Examples that Hiſtory is full of, *&c.* I knew my ſelf as proper a Gentleman as moſt in *England*; was ſaved in the *Birth*, by a Deſign to deſtroy him. His Mother was ſpent with *hard Labour*, and a skilful Man being ſent for, to *deliver* her, and ſeeing no poſſible Means elſe left to ſave *her*, ſtruck his Inſtrument into the *Roof* of the Child's *Mouth*, inſtead of the *Skull*, and ſo brought him into the World; and, I think, he told me his *Mother* was alſo ſav'd. He was a Gentleman of an ancient Family in *Cheſhire*. By this Wound, he had a great Impediment in his *Speech*, but might be very well underſtood, when he took Time to expreſs himſelf.

But now to tell you how many *Children* have been deſtroy'd by *ſwathing* and *rowling*, is a *black Scene*. Hence moſt Diſeaſes of the *Cheſt*, and *Lungs*, *Aſthma's*, ſhort *Breathings*, *Conſumptions*, and all the coughing *Tribe*. I have open'd, and ſeen open'd a great many Men and Women in my Life, and I profeſs, near the *half* of what I ſaw, either one *Lobe* or other *ſtuck*, adher'd, and grew to the *Ribs*, that is, the *Pleura*; and I principally attribute this Misfortune to *Swathing* and *Rowling*; and my Reaſons are theſe.

theſe. Firſt, it has been obſerv'd, as far as I could learn by Enquiry, that the *Indians*, and ſeveral other Nations, as the *Highlanders* in *Scotland*, the native *Iriſh* are proper, fair, ſtraight, becauſe never *rowl'd*. My next Reaſon is, becauſe *Infants*, when ſo very tender and young, are little better than a *ſquab Duck*, or Chicken, a meer *Callus* or *Gluten*, and may be *writh'd* and *wrung* by the leaſt Miſ-bandage into any inform *Figure* and *Shape*: Hence *crooked Backs*, *backle Hams*, *Baker Knees*, &c. Now when this poor Infant is tight *rowl'd*, and wrapp'd in Flannel, nay Flannel upon Flannel, and laid to Bed in *Harneſs*; 'tis impoſſible that the *Cheſt* can expand to its full Stretch in Inſpiration, ſo conſequently can't grow to its due Extent; but the *Lungs* are at Liberty (for they can't be *rowl'd*) and ſo grow in Bulk, too faſt for the Cheſt in Breadth; but the Breaſt not extending equally with the Growth of the Lungs, the Lungs grow too big for the hollow of the *Thorax*, and by touching and adhering to the *Pleura*, there ſtick and grow.

Hence 'tis that for the moſt Part ſuch Children are *pot-belly'd*, and have large *Heads*, becauſe the Head and Belly can't be ſo conveniently rowl'd as the *Ribs*, &c. and ſuch Children, if they live, beſides the Infirmity in *Breathing*, are uſually *ventricous*, and

not

not so *agil* and *nimble* as other Children, and are apt to slide into white *Swellings* and *Leucophlegmatia's*, &c.

Observe a Child when 'tis *loose* and *unrow'l'd*, before the Nurse puts it to *Bed*, how it plays with its little Hands and Legs, and is so pleas'd; and how sow'r and frowward, when 'tis *buckled* up for a whole Night's *Pain* and *Torment*. 'Tis a great Shame that greater Care is not taken in so weighty an Affair, as is the *Birth*, and *Breeding* of that noble Creature, *MAN*: and considering this stupid and supine Negligence, I have often wondred that there are so many Men as there are in the World. For what by Abortions too too oft caused by the unseasonable, too frequent, and boisterous, drunken Addresses of the Husband to the Wife, when young with Child, and her high Feeding, spiced Meats, Soops and Sauces, what with strait Lacings, Dancings, and the like, one full half of the Men begotten are destroyed in the *Shell*, squob'd in the *Nest*, murther'd in *Embryo*, and never see *Light*; and half of the other half *overlaid*, *starv'd*, *poyson'd* by ill Food, and kill'd at *Nurse*, &c.

Tho' breeding Children by Hand is as safe a Way when under the Care of the *Mother*, *Aunt*, or some near Relation, yet Woman's Milk is much better, and more Natural: but

but if the Mother be under such Circumstances as not to be able, let her choose a *Nurse* of the same Complexion, same coloured *Hair*, *Disposition* and *Temper* of *Mind*, and as near as she can of the same *Age* too; for the strong Milk of the *red* and *black*, will not agree with the *fair* and *brown*, &c. and let the Nurse use her self to Chearfulness, and a cooling Diet, often eating thin Milk-Pottage, and often drinking a Glass or two of good Spring-Water, once in a Day at least, especially after eating a full Meal of *Flesh*, and drinking *Wine*, or any other strong *Drink*, &c. for that will temper and allay the *Acrimony* of the Blood, and dilute and wash off by *Urine* those *caustical* and *acrid Salts*, which often are the Cause of *Gripes*, and sometimes *Convulsions*, &c.

If the Nurse, at any Time, drinks any fermented Liquors, let it be a small, well brew'd, clear *Ale*, neither *new* nor *sowr*; but above all, let her have her due *Rest*, and go to her Repose betimes. Sleep softens and sweetens the *Juices*; for the Secretions are better made in the State of *Quietude* and *Rest*, than in *Action*, *Noise* and *Hurry*: This is every Day's Experience at the *Bath*, (and in all other Places where 'tis observ'd) that the *Waters* pass best, either sitting *still*, or lying in *Bed*.

I have

*

I have been ſent for often, and ſometimes knock'd out of Bed, to Children juſt dying, in *Fits*, as they call it; and ſometimes have ſeen the *Child* black in the *Face*, *Hands* and *Arms*. I ſtraight caus'd it to be ſtripp'd *naked*, and the Child was well in an Inſtant: And I always found (or very rarely otherwiſe) that it was either tight *Swathing*, *Chin-ſtays*, or other hard Bandage, was the only Cauſe of the Fright and Fear.

And if all the *Phyſicians*, *Chirurgeons* and *Apothecaries*, ſhould club their Obſervations on this Head, I doubt (beſides what really die for't) two-thirds of the People of this *Nation* have been a hundred times *half hang'd*, before they were a Year Old.

How many poor *Infants* have I ſeen brought *ſhackled* to the *Font*, half choak'd to receive the firſt *Seal* of its *Salvation*, with a Face as *black* as my *Hat*, as if it *bluſh'd* for Original *Sin*, and all thro' the ſuperfine tight Dreſſings of Madam the *Midwife*, or her principal Maid of Honour, Mrs. *the Nurſe!* nay ſome have been ſo hard ſwathed, they have been forc'd to ſlacken the Bandage, even in the *Church*.

Now, when they chriſten'd Children by *Immerſion*, the poor *Infant* was ſecure from that Day's Puniſhment; for doubtleſs they carried it looſe to the *Font*, in Order to the more convenient and ſpeedy *dipping* of it in.

in. I could wish all *Mothers, Midwives* and *Nurses*, &c. to whom these *Presents* shall come, that it may be *impress'd* on 'em (like the Beginning of Bonds) with a *noverint universi*, that they may not only be admonish'd of this great *Fault*, but that they *amend it* also.

One thing I had almost forgotten, which is as *material* as any Thing said; that I was hardly ever call'd to any Child *convuls'd* in the *Month*, but upon Enquiry, I found that those *Fits* (mostly) proceeded from giving the Child *SACK*, or other *spirituous Liquors* analogous to it, or at least discovered the *Effect* from the *Cause*, when the *Mother* or *Nurse* chear'd up their Spirits ten times in a *Day*, with a plentiful *Dose*; but what more wonderful is, that this unnatural Usage should so long prevail among *Men* (so tender of their *Species*) when every Butcher knows it would kill his Calf, without either Ax or Hatchet; nay, even some of our famous *Bottom-wrights*, for Want of a right *Bottom*, the *Mid-men* have so far consented to this fatal and pernicious *Practice* as never to discountenance or forbid it; and without the Stop begins there, or quash'd by Physicians, I doubt those great *Errors* will amble on, to the End of the Chapter. And so I shall conclude this Subject with a Relation of a Child almost

sweat-

ſweated and ſmother'd to Death, by the over-care of its own Parents.

I was ſent for to this *Child* (not far from the *Bath*) about three Quarters of a Year Old, dying, as the Meſſenger told me. I found it in a great Sweat, hard *tuck'd* in a wooden *Cradle*, and in the Heat of Summer, the Month of *July*. I caus'd the Child to be taken out, and brought near the Fire, ſo ſtript it *naked*, and put on it a warm clean *Shift*, (the Cloaths taken off the Child, both Linen and Woollen, were ſo *wet*, you might have *wrung 'em*) and over the Linen Shift, a looſe Sort of a Child's Gown. The Child's *Tongue* was very white, it made Signs for Drink, I cauſed three Parts *Water*, and one Part *Milk*, to be heated a little under Milk-warm; 'tis incredible to tell how much of it that poor Infant drank, and ſoon fell aſleep; in which Sleep, it had a large looſe *Stool*, and five Hours after, when it awak'd, it was as well as ever it was in its *Life*. I believe the looſe Stool might proceed from the large *Quantity* it drank; and the Mother afterwards told me, that they obſerv'd that the Child made no Water in a great many Hours after it awaked, and then it was not in any Quantity, ſmelt very ſtrong, and high colour'd, as much as they could perceive, by ſtaining the Clouts.

Telling

Telling this Case to my learned Friend Dr. *Cole*, quoth he, I doubt not but many young Children are *destroy'd* by such Usage; and not only Children, but *old Folks* too. I remember, said he, that I was call'd in where another Physician had deny'd a Man Drink in a most intense *Fever*, with a *Pleurisie*, that the *Blood* was so *glutinous* and thick, that it could not run (for Want of *Dilution*) tho' the *Vein* was fairly opened. I order'd the Patient to drink as much as he pleas'd; upon which, he bled freely, and presently began to *mend*, the *Heat* vanish'd, the *Pleuritick* Pains went off, and the Man recover'd in a Day or two.

I could give a hundred such *Instances*, where People of all *Ages* have been lost, by being deny'd *Drink*; and in the *Small-Pox* it has been of fatal Consequence; for it not only hinders the filling of the *Pustules*, but the fiery alkalous *Salts* are thereby retain'd in the *Blood*, and not wash'd off by *Urine*, which does not only increase *Thirst*, but is the chief Cause of *Inquietude*, and *Restlessness*, &c. and an *Apple* or two boil'd in *Milk* and *Water*, and strain'd off, and drank *quite*, or very near *cold*, is the best *Julap* in the World. I could enlarge upon this Head, from my *own*, and other *Physicians* Experience, but *verbum sat*.

By this short Digression from my Purpose, I have eas'd my *Mind* of a Debt I ow'd to the Defence of helpless and tender *Infants*; and I

could heartily wish, that those of our *Faculty* who are more conversant among the fair *Sex*, as Assistant to them in their hard *Labours*, &c. that they would cast an *Eye* a little beyond the Delivery of the Woman, to see how a sprawling mighty *Nassau*, or some other great and glorious *Captain*, was manag'd in his Mantle. For what *Atchievements*, what *Revolutions* have been brought about by a brave and gallant Man? How soon might a *Bacon*, a *Drake*, a *Rawleigh*, a *Camden*, a *Marlborough*, or a *Tillotson*, been *stifled* and *over-laid* by a sluggish and drousie *Nurse?* 'Tis *God-like* to save from the *Grave*; and as no Thanks are due for the Acts of our Duty, in saving a helpless and perishing Infant; so for that only, no Reward can we expect hereafter, it being a Debt of our own (tho' our Enemy's Child) impress'd on *human Nature*, to be merciful to the miserable, and help the feeble, weak and helpless, *&c.* and he that shall dare to outdare that implanted heavenly *Temper*, struggles with himself, to divert himself of himself, and swops the *Man* for a *Devil*, &c.

Of the Power of *cold* Water, in a Suppression of Urine, caus'd from too long Retention, I have many Instances, some few whereof I shall here mention.

A Gentleman at a long Trial at *Bar*, in a Title of *Land*, where his *All* was at Stake, held

held his *Water* so long, that when the Trial was over, he went to make Water, but could not, the *Fibres* of the Bladder being so much and so long extended, that they could not contract. The Gentleman lay all Night in extream Pain, and yet with a great Desire to Urine, but could not. The next Morning he took several Diuretick *Drops*, as *Spir. Nitri dulcis*, &c. in white Wine, *&c.* but to no Purpose: I hearing of this by chance, bid his Friend strip him *naked*, and wrap him round the Waist and Belly with a wet *Towel*; which as soon as done, he made Water immediately, but was for some Time afterward troubled with the *Strangury*. And I have heard some of our *Judges* complain, that by holding their *Water* in tedious and long Causes, that they have found much Injury by the long Retention of their Urine, *&c.*

From this over-modest Custom of holding too long their *Urine*, I have known some fatal Consequences; as happen'd to a worthy young Gentlewoman, riding behind a Groom to her Sister's Labour, another Servant riding on another Horse to open the Gates, *&c.* she forgetting to do what was convenient for her before she mounted, rod in extream Pain for, at the least, 8 or 9 Miles, her Modesty not suffering her to alight in the Presence of her Servants, but labour'd under that Pressure unto her Journey's End. But alas! the

long Retention had made so great an Extension of the *Bladder*, being fill'd with too great a Quantity of *Urine*, that Nature, without Help of Art, could not relieve her, and the Ignorance of the Attendants and People about her made wrong Applications of quite Contraries, as the use of warm Cloaths, *&c.* and fill'd her with Liquors, as Syder, stale Beer, White-Wine, with Honey dissolv'd in it, *&c.* which but fill'd the Vessels, and added to the overloaded Bladder, too full before, that in two or three Days she began to swell in the *Veins* first, next in the Habit of the Body, which would *pit upon* Pressure with the Finger, as usual in an *Anasarca*, *&c.* at last she grew sleepy, and then was less sensible of Pain, and dyed about the 14th Day. Now had any Body about her been so wise, as to have taken some Blood from the Arm, and kept her fasting, put her Feet into cold Water, and wash'd her Arms, Neck and Breast with it also, 'tis forty to one, but that the Lady might have had the Benefit of *Emission* thro' a strong universal muscular Contraction, which by the extream Frigidity and Consent of Parts, form the sudden Attack of external intense Cold, might have given such a general Shock to the whole, as to have saved her Life, especially if she had had the Conveniency of a *total* Immersion. Several have received great Benefit by the use of cold Water, both inward

ward and outward, in many urinous Cases, but especially in a Suppression caused by long Retention, *&c.* But oftentimes a great Suppression proceeds from another Cause: As when the Blood is too viscous and clammy, and does not separate its urinous Serum; and sometimes by Default in the renal Secretions, *&c.* In such a Case I have seen Acids, both Vegetable and Chymical, drank in convenient Vehicles, have, like Renet to Milk, separated the Serum, so as Secretion has been presently made in the Kidneys, and the Man has urin'd immediately. Several Examples of this were printed in the *Philosophical Transact. Anno* 169½. in the Beginning of the 19th Volume, *&c.* where Dr. *Cole* and Mr. *Bernard*, in such a Suppression, were concerned with me, in the Case of Mr. *Roger Kennion*, then Member of Parliament, who had not made a Drop of Water in some Days, and no Water in his Bladder, by the Proof of the Catheter; but by the Use of Acids, as Lemmon in Rhenish-Wine and Water, *Spir. Nitri dulcis*, and the like, he was perfectly recovered in a very little Time. What cold Immersion would do in this Sort of Suppression, I have not try'd, but it seems rational, that the Cold driving the Heat inward, the Spirits should quicken the sluggish Secretions, if some brisk vinous Spirits were given inwardly, and the Patient well rub'd

with a hard Hand in the Bath at the ſame Time.

Mr. *Chriſtopher Stocks*, of *Whitchurch* in *Hampſhire*, had, here in *London*, a total Suppreſſion of Urine. He had ſeveral Phyſicians with him, as well as my ſelf, we tried all things triable, but cold Water and Acids, which he would not conſent to. He began to grow drowſie on the 7th Day, and died on the 15th. To my beſt Remembrance, Mr. *William Cowper* the Surgeon open'd him, and we found no Stone in his Bladder, but one very ſmall as a Vetch, or Pea, but his Ureters were ſtuft as full of ſmall Gravel and Sand as they could hold, as alſo the Kidneys. One thing here is worthy of Note, that he told me, that he never took any ſowr, ſharp Meats, or Liquors in his Life, and that he was a great Lover of new Ale. He was a Man of a ſoft ſedentary Life, towards his latter End, and uſed very little Exerciſe.

The learned Dr. *Cyprianus*, the famous Lithotomiſt, (who has receiv'd ſuch Benefit by Cold Bathing, that he has made a moſt convenient Bath in his Houſe) told me, that he has long obſerv'd, thoſe that uſe *Exerciſe*, and eat *Fiſh* and *Milk Meats* often, are ſeldom or never troubled with the *Stone*, &c.

And I remember Mr. *Pennet* of *Putney*, a very honeſt Man, and a good Surgeon, being much troubled with the Infirmities of ſhort Breath-

Breathing, and much ſtuft in his Lungs, told me, that he very much fear'd that his Diſtemper was owing to his much drinking of *new Ale.* And many have complain'd of Pains in the *Bowels*, from drinking of turbid, thick, *yeaſty*, naſty, new *Ale*; which I look upon to be a very unwholſom dangerous Liquor; and that yeaſty new Bread, together with *ſtale Fleſh* and *Fiſh*, is the chief Cauſe of moſt of the Diſeaſes that the Generality of the People labour under here in Town. For a Sir-r---- is a Sir-r--- whether boil'd or bak'd; for the T--- that you han't in your Drink, you have in your *Bread*; and therefore I like well the Adage, *viz.*

Drink what is *clear*,
And eat what is *new*;
Conceal what you *hear*,
And ſpeak what is *true*.

And until this be remedy'd by the Magiſtrate, and it be made criminal to vend ſuch thick unwholſom *Liquors*, the People may *drink* on, and *die* on; and a great Shame it is, that ſuch a Church-yard *Article* as this, ſhould ſo long prevail, perhaps unknown, unthought of, or conſider'd, *&c.*

Anno 1670. Several Scorbutick and other unknown Diſeaſes, raging among the poorer Sort of People, from the Inſalubrity of bad Bread, and Malt Drinks, which then began

to be in Fashion in the City of *Paris*; it so alarm'd the Parliament there, that there was a Consult of Ten of the most learned Physicians appointed to enquire into the Cause; and they found it to proceed from the Use of bad, hard, Well-Waters, and the Scarcity of well-bak'd, wholsom Country *Bread*, called there *Pain de Goneſſe*; and that the City-Bakers used privately the Excrements of Malt-Liquors, call'd *Baulingers au petit Pain*, nasty Barm and Yeast, instead of Eggs, Milk and Leaven, *&c.*

And I once saw a Brewer's *Dog*, a young large Mastiff, had an *Arthritis vaga*, and his Limbs terribly swell'd, with lapping new *Ale*, and licking the Yeast from their Trough and Stilling, and afterwards died of the Gout and Dropsie. So cursedly unwholsom are the *Fæces* of Malt-Liquors, which hitherto has been slid over, and not look'd into, and consider'd.

I have consider'd the Nature of Waters, that its constituent Parts are subtile and fine, beyond Conception, what strange Nourishment it gives in Mixtures, and how very little drank *per ſe*; as for Example. Mix an Ounce of Oatmeal with a Pint of Milk, and give it to a Pig, *&c.* and mix with such a Quantity of Milk and Oatmeal, a Quart of Water, and it shall nourish as much more, as has been often tryed on young Animals. Probably the Oat-

Oatmeal, being clammy, glutinous and thick, can't ſo well paſs the Strainers into the Blood, as by the Help of the Water, to dilute, and lead it along thro' all the Labyrinths and Mazes of Digeſtions and Circulations; and how little Oatmeal, with Water, will keep a Man alive, and in Health, is hardly creditable. But I have forgot the Story told, as to the Quantity, but I am ſure a Hen would eat more in a Day, whole in the Grain, and unground, than he did almoſt in two Days; and ſuch Nouriſhment, with Exerciſe, is wholeſom, clean, cool and good. According to *Hippocrates*, Sect. iv. Aphor. xlviii. where he commends Oats as an admirable Grain, to be us'd both in Meat and Drink; and the Notes upon that Aphoriſm by *Sponius*, are worth reading. I mention Oats, becauſe I have tried all Grains with Cold Water, in Diſeaſes of the Lungs, and find none like Oat-meal, for *Humectat & Refrigerat*. And I know a certain Diſtemper cur'd by ſuch a Diet and cold Bathing, when the Patient was brought to the Brink of the Grave, and nothing elſe would do. All which ſufficiently proves that *Water* will nouriſh, tho' not ſo evidently *per ſe*, as in the mix'd; but a very learned French Phyſician, Dr. *Peter Petit*, who among other learned Tracts wrote a Book, *de Nutrimento Aquarum*, ſee his Life in Mr. *Collier*'s *Dictionary*.

I had another Gentleman under my Care, who had first tried the Cold Baths, which prepar'd him the better for Cold Immersion. His was a Scorbutick *Palsey*, with wandring Pains, much like the *Arthritis vaga*, but without Inflammations, but sometimes Swellings on the Back of his Hands, and Feet. Oatmeal and Water brew'd cold, together with a very little Sugar, was, for some Time, his constant Drink; and by the Use of the Cold Bath, about a Month after he had moderately used the Hot, he was perfectly cured.

The Cure of an Ague (by a forc'd Put) on Mr. Edward Boswell, *late Gunner of Her Majesty's Ship the* Sea-Horse, *and since of the* Griffin *Fire-ship. In a Letter to me.*

SIR,

'I being on Board the *Elizabeth*, a Mer-
'chant-Man, in the Year 93, I had got
'a terrible Ague, which held me about five
'Weeks. We lay at Anchor in *Torbay*, and
'had extream bad Weather, insomuch that
'I was perpetually wet, during the Storm,
'the Ship being very leaky, and I forc'd to
'be upon Deck, *&c.* It was extream Frosty
'Weather, and sharp hard Gales of Wind,
'our Ship was forc'd on Shore on the Rocks,
'beat-

'beating her ſelf to Pieces. I was reſolv'd 'to commit my ſelf to the Seas, and the 'Mercies of Almighty God; and being a 'pretty good Swimmer, I leap'd over-board, 'being weak and feeble, could not reach the 'Shore, and my Strength being gone, I re-'ſign'd my ſelf up for another World; but 'being near the Shore, a Black leap'd in, 'and caught hold of me, and pluck'd me out. 'I was ſpeechleſs. The People got me in-'to a Houſe, and laid me in Bed, and the 'next Day I was as well as ever I was in 'my Life. In a few Days I ſet forwards 'towards *London*, having nothing but a 'thin Waiſtcoat, and Calamanco Breeches; 'ſo I travell'd 80 Miles in the Snow, with-'out either Shoes or Stockings. But not-'withſtanding all theſe ſevere Hardſhips, I 'never catch'd Cold. There are ſeveral 'Men alive, that were ſhip-wreck'd with 'me, that can atteſt this.

I am

Your humble Servant,

EDWARD BOSWELL.

One Mr. *Holding* told me, of his own Knowledge, that before the Fire of *London*, a Citizen long troubled with a Quartan Ague, and finding no Cure from taking great Quantities of unſucceſsful Phyſick, was advis'd, by a Friend, to leap into cold Water, it be-

ing in the Month of *December*; he fully resolving to try it, acquainted only two or three of his Companions; and having got a Boat ready to take him up, about two or three a Clock in the Morning, it being near the Time he expected his Fit, down went he to *Queen-Hith*, and sat on the Rail ready to bounce in, (it being a clear Moon-shiny-Night) and all things prepar'd to receive him. In he leap'd, was taken up and put to Bed, where he sweat plentifully, but never heard more of his old shivering Companion. I remember his Dialogue with his Ague, was the Talk of the Town.

I have known a great many Agues cur'd by a sudden Plunge into Cold Water; but the Person to be submerg'd (for without a Duck over Head and Ears, it will not do so effectually) should always be told of the Design, and give their Consent. For I knew a pretty young Woman surpriz'd under the Notion of gathering some *Liver-wort*, which grew on the Wall by the Pond's Brink, which was very deep in that Place, and as she was stooping, her own Father (I think) took her by the Heels and pop'd her in. 'Tis true, it cur'd her Ague, but made a worse Swop; for she was that Moment seiz'd with Epileptick *Fits*, from the Fright, which held her many Years after, much to the Trouble of her Friends and Relations. And Epilepsies

gotten

gotten by Frights, are very ſtubborn, and rarely admit of Cure; or if they do, upon the leaſt Fright or Appearance of Danger, they are apt to return.

Young Children take leſs Harm than People more adult, becauſe not ſo apprehenſible of Danger.

That a ſudden Plunge into cold Water has cur'd many *Agues* of all Sorts, nothing is more known, becauſe very common; but the Reaſon why ſome have miſs'd of a Cure, is as clear. For, either firſt they go into the Bath, and do not wet their *Heads*, which is doing nothing; for if the Cold and Preſſure be not made equally upon the whole Body, the Spirits cannot be driven equally from the Circumference to the Center, ſo have not Strength enough on their Return, to force their way thro' the Paſſages lock'd up and obſtructed, ſuppos'd to the chief Cauſe and Seat of *Agues*. Secondly, ſome go in cram'd and fill'd with Meat and Drink, or not empty, and prepar'd by Faſting or Phyſick; or elſe do not chuſe the propereſt Seaſon for the Immerſion; as to go in three or four Hours, either before or after the *Fit*, when alas! the only critical Minute is, as the Enemy is at the Door, juſt upon the Approach of the *Fit*, when the Blood and Spirits ſtruggle to enter the Gates, and force the obſtructed and block't-up *Paſſages*, which confine and hinder the genuine and due Circulations and Secretions, *&c.*

I had a Patient, one *John Williams*, that was a ſtrong Countryman, who had ſo long labour'd under a ſevere *Quartan*, that it had very much reduc'd him to a cachectical ill Habit, and his Blood was poor, low, and ſizy. He had been in the Cold Bath many Times, but without any Benefit. I adviſ'd him to invigorate his Blood with a Glaſs of *Wine*, with ſome anti-ſcorbutick *Spirits*, to eat wholſom freſh *Food*, new kill'd, keep merry Company, and after ſome time to try the Cold Bath upon the Acceſſion of the Fit, juſt to ſubmerge, and ſo out, which he punctually did, and receiv'd a perfect *Cure* upon the Eſſay.

And now I have mention'd freſh Food new-kill'd, I'll here relate a ſhort Story I had from that ingenious Gentleman, Mr. *John Lambert*, Son to the old General *Lambert*, ſo long a Priſoner in *Pendennis* Caſtle, *&c.* This Mr. *Lambert* living at his Eſtate in *Craven* in *Yorkſhire*, one Morning his Man told him he could ſhew him where a Woodcock was hang'd in a Snare, and that by the ruffling and ſtruggling of the Bird he came to diſcover it. He bid him take another Servant with him, and watch privately who came to relieve it, which accordingly they did, and brought before his Worſhip (he being in the Commiſſion of Peace) a very *old Man*, of a florid, ſanguine Complexion. He

ask'd

ask'd the old Man where he liv'd? he answer'd, five Miles from that Place: He ask'd him, since he had broke the Laws, and was taken in the Action of destroying the *Game*, what he had to say for himself, that he should not be sent to *York Goal?* he down on his Knees, and beg'd him to pity his great *Age*; he ask'd him how old he was? he answer'd, a *hundred* wanting two. He ask'd him how he came to be so *hale*, and look so well at that Age? he answer'd, why, your Worship sees, by catching a *hollow Bit*, and eating it fresh, and if I can, quoth he, I roast it or broil it, before it be cold, *&c.* And upon farther Talk with him, he found that his Drink was, for the most Part, sowr Milk, as Whey, Butter-Milk, or else Oatmeal and Water, but very rarely any strong Drink; and that his Bread was made of *Oats*, and that he went thin *clad*, and generally was wet in his Feet, either with the *Dew*, or laying his Springes in *Rills* of Water, and running *Brooks*. And that in the Summer-time, he lov'd Fishing, and much wading in the Water, *&c.* So the Justice, upon his Promise of Amendment, let him go, tho', said Mr. *Lambert*, I believe he catch'd 'em as much to sell, as to eat; for he had in his Bag a Hare, and two or three Wood-cocks more, which I fairly divided with my old Man, for I took half of the Fowl he had, and gave him the rest. He also told me,

me, that he believ'd he ſpoke true, as to his not being us'd to *ſtrong Drink*; for I made my Man give him a Cup of *Ale*, with a little Toaſt in it, which was under a Pint, yet it almoſt fuddled him.

And as touching freſh and ſtale Meats, it is very evident, that Meat new-kill'd has twice the Nouriſhment of ſtale Meats; for Meat hung by, and not ſalted, the volatile Spirits evaporate and fly off, and the Juices grow rancid, and contract a cadaverous ill Taſte. I remember a Poulterer told Capt. *Wicks*, and my ſelf, that he, in the great Froſt in *Anno* 1683. ſold Ducks for the Lord Mayor's Table in *February*, which were brought to him on the latter End of *November*, or beginning of *December*, the Weather being cold and froſty, which preſerv'd 'em from ſtinking, but not from Putrifaction, for they were as rotten and as ſoft as a Sir-r--. And a Gentleman and I once eat a couple of very ſtale Teal, that threw us into great Diſorder at our Stomachs, and notwithſtanding we took all Precaution, as Wine, Brandy, *&c.* yet we were both render'd feveriſh, with a corrupt Taſte in our Mouths, and much out of Order for ſome time. And I am throughly perſuaded, that the ſtale Fleſh, Fowl and Fiſh, that poor People eat (kept by the Retailers of ſuch Wares, to hold up their Prices too long) is the cauſe of moſt of our Autumnal putrid Fevers,

Fevers, which People miſtakenly lay upon the eating of Fruits, *&c.* and my Lord *Bacon* in his Natural Hiſtory, after his ſpeaking of thoſe wicked Merchants that ſold at *Naples* Man's Fleſh barrell'd up for *Tunis*, *Anno* 1493. that the Pox might be in that Fleſh perhaps; or elſe being eaten might ſo corrupt the Blood as (that with a little Mixture of ſome other virulent Diſeaſe) might produce it. And he adds, it was probably ſo, becauſe the *Indians* at this Day, the mortalleſt *Poyſons* that they uſe, have ſome Mixture of Man's Fleſh, Blood or Fat; and all Fleſh, when 'tis once tainted and corrupt, is alike venomous and deſtructive to human Nature: And we ſee that carnivorous Animals, both Beaſts, Fowl and Fiſhes, chooſe to ſeize and eat their Prey alive (if they can get it.) 'Tis Hunger only and Neceſſity inforces them to the eating of *Carrion*, and other corrupt and ſtinking Meats, *&c.* So theſe Precautions may be of Uſe, to make Men careful of what they eat and Drink. And ſo again to our Element, Water, *&c.* A Gentleman of very good Reputation aſſur'd me, That a Tenant of his in *Wales*, having been for ſome Years rheumatick and lame, which made him incapable of any Labour; hearing of a very cold Well ſome few Miles from him, was carry'd to it, where he bathed ſome time,

and came home as perfectly found, and as well as ever he was in his Life.

Mr. *Thomas Newingham*, of *Cork* in *Ireland*, a Gentleman of great Worth and Reputation, being at the Bath with his Lady for her Health, this laſt Summer, and talking of hot and cold Water-Cures, he did aſſure me, that a poor Man in the City of *Cork*, was ſo lame, and had ſo far loſt his Limbs, that he crawl'd on his *Hands*, and *Knees*, (I think he ſaid for ſome Years.) He gave me the Particulars in Writing, but I had the Misfortune to loſe or miſlay it. That this poor Man was carried to a Well or Spring of exceſſive cold Water, diſtant about ſeven or eight Miles from the City, and in ſome few Weeks came home ſtrait and upright, and perfectly recovered; and is now in that Town, a laborious working Fellow, and capable of doing any Buſineſs he is ſet about, or imploy'd in.

A Captain of a Ship told me, that a Friend of his had a running Gout or Rheumatiſm, and was ſo lame as to go with Crutches, without which Help he could not ſtir one Step; and coming (or rather being brought) on Board his Ship, to drink a Bowl of *Punch*, whilſt they were handing him up the ſide, whether the Rope ſlipt, or the Crutch ſlipt, he could not tell, but down went *Pilgarlick* into the *Sea*, and having

ing Men and Boats ready at hand, they catch'd hold of him ſoon enough to ſave his Life, tho' he was under Water ſeveral Times. They clapt Hands or Tackle enough to him, to hoiſt him on Board, and having ſhifted him from his wet Cloaths, and liquor'd him well with Punch, he went home as well as ever he was in his Life. Now *Quæritur*, which did the Cure, the Fright or the cold Water? for he could not ſwim a Stroke. Now I am apt to think that this Cure was not perform'd from the Fright only, for the Captain told me, that notwithſtanding he was well ſeaſon'd in Seabrine, yet he was in another Pickle alſo.

Dining with a Merchant in the City, a young Gentlewoman of *Chiſwick* being there alſo, told us at Table, that the Cold Bath, once going in, had cur'd her of a *ſore Throat*, which ſhe had labour'd under (and found very troubleſome for) at leaſt a Year and half, and that it is ſome time ſince, and that ſhe continues wery well.

The Cold Bath has been fam'd for curing old and inveterate *Head-achs*; yet Head-achs proceeding from ſeveral Cauſes, it cannot be good for them all; as in this following ſhort Hiſtory, will be evinc'd and made clear.

A Gentlewoman of good Quality, was afflicted with a periodical Head-ach, and ſhe

was accuſtomed to bleed. Upon the Approach of the *Fit*, ſhe in Hopes of a perfect Cure, was perſuaded (as alſo from her own Inclinations) to try the Cold Bath, and choſe a Time to go in. In the Intervals of the Paroxyſms ſhe purg'd once or twice, as preparatory to it, but did not bleed. The Immerſion ſhe bore very well, but coming home, ſhe fell into a moſt violent Fit of the Head-ach, worſe than ever ſhe had; ſhe ſent for Dr. *Cole*, who very judiciouſly took from her a Quantity of Blood, which ſomewhat abated the Rage, but ſhe could get no Sleep. He preſcrib'd her a Paregorick which quieted her a little, but ſtill ſhe was much out of Order. Sometime after, in a Day or two, he took another Quantity of Blood, upon which ſhe was ſomewhat better, but ſtill the Pain kept Poſſeſſion. She at length reſolv'd for the *Hot Baths*, where being arriv'd, Pumping, Bathing and Drinking reliev'd and cur'd her, and ſhe has continu'd well ever ſince.

Another Gentlewoman's Maid-Servant complain'd of a great Pain in her *Head*, and Heavineſs in her *Eyes*; ſhe could not bear any hot Application, but was always worſe; but by *waſhing* her Head ſome few times in cold Water, was perfectly cured. So that People ſhould not, of their own Heads, giddily ruſh into either *Hot* or *Cold* Baths, but be

be advis'd by some judicious Physician, who may consider the Nature and Causes of the Distemper, and put them into a right Method of proceeding in Order, and rationally to prescribe such known and experienc'd Medicines, from which they reasonably may expect a Cure.

In *Gouts* of all Sorts without considering what ought to be done previous to a Cure, People run *susque deque* Hand over Head, and sometimes headlong to their own Destruction; tho' I have known when both Hot and Cold Baths have wonderfully reliev'd in that cruciating Distemper, when tempestively, cautiously, and wisely prescrib'd. But of this, my very learned Friend and Collegue the judicious and sagacious Dr. *Musgrave*, of the City of *Exeter*, in his most learned Piece, *De Arthritide Symptomatica*, has said of that Distemper all that can be said, and handled that peevish and froward *Disease*, with a Care in Proportion to its Tenderness, where all the Causes are so accurately describ'd and accounted for, as to find out the Seat and Source of that *Baffler* of our Profession, the *Gout*.

I always thought the *Gout*, (before it was *fixt*, and became a Concrete) to be a *Liquamen* of acrid, alkalous, lixivial, eroding *Salts*, generated from Intemperance and high Feeding, *&c.* which is thrown or forc'd by

Repletion into the Habit and fleshy Parts, and sliding down the tender membranous Coats of the Muscles, there fret, and cause great Pains as they pass; but being come to their Journey's End, at a *Joint*, stop there, where those corrosive, tartarous Salts exercise their *Tyranny*, until the active volatile struggling Matter is spent, and leaves their inert *Calx*, their *caput mortuum* behind, which are those *Chalk* Stones which *gouty* People complain of, *&c.* But how *Venery* should be lugg'd in to be a Party concern'd, either in the Cause or Quarrel (with my Friend *Balivi*'s Leave) I can't understand; for among the *Turks*, &c. where they are mostly enervated by Women, they have no such thing as the Gout, *Wine* being by their Law forbidden, *&c.* So lay the Load upon the right Horse, and saddle old *Bacchus*'s Back, as the chief Author and Contriver of this *Joint-Evil*, and ask *Venus* Pardon for laying a drunken *Brat* at her Door, which she never deserv'd;

And this it is, to be ill nam'd,
When a poor Whore is (wrongly) blam'd.

A *Gentleman* with a decay'd Stomach, a wan and pale Look, staggering under a Load of nothing but Skin and Bone, his Cat-stick-legs not being able to support his Cat-like *Carkass*, from a strong young Man, as he told

told me, Wine, Women and Watching, had reduc'd him to a meer *Skeleton*, and could not ſwallow the leaſt Suſtenance without Vomiting, and yet a little very ſtrong Wine would ſtay on his Stomach, which he often ſipt, and always crav'd and hon'd after. *Facto divortio cum Cerere, eo magis Baccho indulſit*, &c.

He came to me to the Bath, with a Letter from his Phyſician Dr. *Stockham*. I found that he had no *Cough* nor *Hectick* Heat nor Looſeneſs, but a general Waſte, Atrophy and Decay: He had a great *Tremor*, which he told me was cauſed from ſmoaking too much *Tobacco*; and I believe he gueſs'd right, as to the cauſe of that Infirmity, for it vitiates and deſtroys one of the beſt Juices of the Body, the *Saliva*, without which we could neither eat nor drink, concoct, nor talk, *&c.* I ſpeak as to the immoderate Uſe of it; not but that it may be Medicinal, and is taken with good Succeſs in many Caſes, *&c.* but old Men may take it with leſs Injury than young Men, notwithſtanding they are drier, for they ſpit leſs, and are not ſo eaſily diſorder'd by the *Fume*, &c.

This young Geneleman's Cure was very eaſie, for by the Uſe of the *Bath* Waters, and leaving *Wine* by Degrees, he came to his Stomach, his Fleſh came on, his Colour

return'd, and in ten Weeks he was as well as ever; but he often told me, that tho' he look'd well, and was well, yet he had not that *Strength* he had before: He was not so *agil* and *nimble*, more prone to Sloth and Drowsiness, besides a Decay in *Virility*, tho' he was a young Man not above 27 or 28 Years of Age. Hence we may observe, what a *Shock* and *Stund* Men give their Constitutions by early Wantonness and Debauch, according to the Poet,

'Tis Drink *and* Lust *that does our Health* (*destroy*
And brings the Man *too soon upon the* Boy.
Repeated Bumpers, and repeated Pox,
Two fatal Earthquakes, that our Fabrick (*shocks*;
For when a Constitution's broke and gone,
'Tis rarely seen it ever does return.

I found that this young Gentleman had a great Desire to be perfectly well, and recover his former Briskness and Strength, that he might be able to hunt and use other Field-Pleasures, to which end he promised me to live *ad amissum*, to any Method I would direct him, which now must be altogether Diæteticks and Analepticks. I order'd him from the Use of the Bath Waters, to drink a Pint every Morning of the *German* Spaw, and fast till Noon; at Noon to eat

no

no Flesh nor Fish, but what was new kill'd, and always to rise with an Appetite, concluding his Dinner with a small Glass of Water, and at Night eat nothing but roasted or bak'd Apples, Apple-Pie, Flummery, or the like, and to continue the Spaw-Water 16 or 20 Days, never exceeding a Pint, and as he left them, to do it by Degrees, as from a Pint to two thirds of a Pint, thence to half that Quantity, sinking and abating the Quantity, not every Day, but every three or four Days a little, and take at least 12 or 14 Days, or more, to leave them totally off. For I have seen some fatal Consequences ensue, upon leaving any Course, Custom, or Method of Living, whether good or bad, suddenly at a Jerk; for Nature is so kind out of Self-Preservation, as to widen or contract, adapt, fit and modifie the Strainers according to the Figure and Quality of the Aliment received, all which cannot be done in a Moment. Hence 'tis, that a small Quantity of Food taken, to which we are estrang'd and disus'd, sits, at first, very uneasie on our Stomachs, and consequently cannot be agreeable to all the rest of the Digestions, Alterations and Percolations thro' which it must pass, before it can be elaborated into a genuine and laudable Nourishment. Hence the Source of most Diseases: So true is that Saying,

ing, *Ventriculus male affectus est origo omnium morborum*, &c. Thus having laid the Reason of the Thing before him, with a full Resolution he went on, and fell by Degrees into the Use of Milk Meats, and other cooling Viands of chyliferous, succulent and good Nourishment. He used Exercise of all sorts, but especially riding and swimming, which last did so invigorate his Constitution, that he came, in a Year or two, to a firmer, stronger and better Habit of Body than ever he had before; all which argue, that he was born with a good *Stamen*, and had his Being from sound Parents: And tho' this Gentleman had the good Luck to get such a Recovery, after being drawn so low by repeated Debaucheries, yet it is not to be depended upon, for not one of forty may have the Fortune to escape as he did. The Gentleman is yet living, and is become a pious good Man, and a Member of this present Parliament. It is an easie Matter, by a constant and regular Perseverance, in any wholsom *dietetick* Course, to rectify and streighten a *wrap'd* and *bent* Constitution; but how to mend and reduce a *broken* one, is *hic labor, hoc opus*. How many young *Gentlemen* have I known in my Time, that their *Squib* has run to the end of the *Rope*, before they have number'd 30 Years, betwixt the *Cradle* and the *Grave*? &c. and

generally

generally their Life, Credit and Estate terminate together, which is the best End a prudent *Debauchee* can propose, to make his Bread and Cheese even. But for a Brainless, unthinking Animal to outlive his Substance, and become the Jest and Contempt (not only of Mankind in general, but even) of those Land *Leviathans* that have swallow'd him up alive, his own Whores, Pimps and Bawds, *&c.* this so sticks the tatter'd *Beau* to the *Heart*, if the *Fool* has any, as to get rid of his Necessity; he flies to the last Comfort of a shirtless and shiftless Desperado, *viz.* a *Bounce*, a *Dose*, or a *Halter*.

From whence he's thrown into a Hole,
'Till kind Oblivion forgets th' Fool.

One of these unhappy Wretches swoln with the Dropsy *Ascites*, came to me for my Advice. I pitying his Penny-less Condition, gave him a Note to Mr. *Baynes*, of the Cold Bath, to let him bathe *gratis*; but having the Conveniency of a Barge or Hoy, he went to the Salt Water, and by often bathing in the Sea, he was recovered; and I am since inform'd by one of his Friends, that he did not only bathe in the Sea, but that he drank the Salt-Water also; and telling of this Case to Mr. *Alexander English*, Chirurgeon to a Regiment of Horse, he told me that he had known several cur'd by drink-

drinking of Salt-Water, even without bathing.

Mrs. *Sadler*, a Gentlewoman lately living in St. *John-ſtreet*, *London*, went into the Cold Bath for wandring Rheumatick Pains, which Pains the Bathing did not only take off, but cured her of a Deafneſs alſo, that ſhe had for ſome Years, and ſhe continues very well, it being near two Years ſince ſhe uſed the Bath.

A Gentleman extreamly fat, was ſo very drouſie, that ſometimes he would fall aſleep ſitting at Meat, *&c.* He had long laboured under that Inconveniency, but by drinking Spirit of Sulphur and Spring-Water, and uſing the Cold Bath, he was perfectly cured; but he told me, that upon eating a full Meal, it was apt to return.

My learned Friend, Mr. Arch-Deacon *P.* laboured under the ſame Diſtemper, but by bathing in the Cold Bath, and the Summer after drinking the Bath-Waters, he was very well recovered: but I had lately a Letter from him, wherein he deſir'd my Advice, by Way of Prevention, for he had ſome previous Symptoms which made him fear a Return.

A Divine of my Acquaintance very groſs and fat, yet a very temperate, ſober Man, was cured of ſuch a Drouſineſs, by ſtamping Barberries, and drinking the Juice in Spring-

Spring-Water: yea, was not only cured of his Veturnity, but it took off much of his ſuperfluous Fat alſo. I believe not only Barberries, but Verjuice, Oranges, Lemons, Sorrel, or any vegetative Acid, where it could be drank in Quantity, without bringing upon them the *Ardor ventriculi,* corruptly call'd the Heart-burning, would all, or any of them, do the ſame Thing.

A Gentleman, living near *Tiverton* in *Devonſhire,* told me, that he had labour'd under a great Cold for ſome Months, for which he had wrapp'd himſelf in Flannel, and other Woollen Veſtments, which had ſo weaken'd him by perpetual Sweating, that he had no Stomach to eat, and when he did eat, it would not digeſt; and beſides his many Cloaths, he wore a quilted Stomacher; but by the Advice of a Friend he left them all off at once, and went into cold Water half a ſcore Times, and has been ever ſince very well.

Sir *John Chichley* told me, that he thought he had (when a young Man) a Conſumption, for which his Father ſent him to *Montpelier*; when he came there, the Phyſician whom he conſulted, found that he had no Cough, but that his Diſtemper proceeded from a Weakneſs induc'd by the Aperture of the Pores, from the wearing too many thick and warm Cloaths. He ſent for his Taylor,

who

who made him a thin fleſy Coat of Sarſenet or ſomething as thin: With this I rode, quoth he, the cold Hills every Morning, before Sun-riſe, when the Dew was on the Ground, for ſome Time; and home I came ſhivering, and half ſtarv'd. He would not let me come at a Fire, but walk my ſelf warm. This ſevere Courſe, at firſt, ſeem'd very irkſome to one uſed to all the Delicacies and Softneſſes of a tender Mother's Breeding; but Cuſtom, which makes every thing eaſie and familiar, reconcil'd me to it; and I came home with a keen Appetite, a healthful ſtrong Body, beyond all the Expectation of Relations and Friends.

A young Gentleman that is very often at the Hot Baths for his Diverſion, and the Benefit of drinking the Waters there, uſed to go very thick clad. I met him this Winter walking in a very cold Day, bare-breaſted, with nothing on, but a thin *Holland* Shirt, and one ſingle Drugget Coat. I wondred at it, and ask'd him the Reaſon of that ſudden Change? He told me that he went into the Cold Bath two or three times with a Friend, out of a Frolick, and that it had ſo hardned him, that he felt very little or no Cold. I could give many Inſtances of Caſes like theſe, but a few Examples may ſuffice.

Mr.

Mr. *Rouse* Apothecary, the present Master of his Company, told me of a Patient of his, a Youth that had lost the Use of his Limbs by a sort of a *Chorea sancti Viti* (call'd Saint *Vitus*'s Jig) that after the Advice of several Physicians, and several Methods, *&c.* was at last perfectly recovered by the sole Use of the Cold Bath. I think he told me it was a Salter's Son in *Thames-street*, *London.*

A Woman brought a Child about seven Years of Age, which could speak but very drawlingly thro' Weakness of the recurrent Nerves and Muscles of the Tongue, but could not stand unless held up by the Arms, having no Strength in either her Hips, Knees or Ankles; this Child was much injur'd by Oyntments, Oyl, and other such Things, that had softened and relax'd the Joints; I bid the poor Woman, who liv'd near Mr. *Campness* of *Orchadly* in *Somersetshire*, to get of his Servants a little Verjuice, and rub the Child's Limbs with it cold twice a Day; which she did, and found some Benefit by it, but not much; then I advis'd the Cold Bath, and by the Help of that she was perfectly cured in five or six Weeks Time.

Another Child, much about the same Age in Paralysis, was cured in St. *Mongo's* Well by immerging 4 or 5 times in a

Day for 7 or 8 Days ſucceſſively; the Father of the Child gave me this Relation.

'Tis endleſs to recite the great Cures which have been done on People of all Ages and Sexes, where the Cauſe has been diſcovered to proceed from Nerval Obſtructions, Relaxations, *&c.* perform'd by Cold Bathing, where 'tis done with Care and Caution: and I have always obſerv'd, that thoſe are cur'd ſooneſt who have not been tamper'd with by Emplaſters, hot Oyls, *&c.* for thoſe things do great Injury to the ſmall and capillary Nerval Filaments, and of the cutaneous Glands, *&c.*

To Dr. Edward Baynard.

SIR,

'THough it is eaſy to collect many Inſtances that prove the Uſefulneſs of Cold Bathing; yet ſince you apprehend the following Caſe of Mrs. *Coningham* to contain in it ſomething uncommon, I have, in Compliance with your Requeſt, ſent you as particular an Account thereof, as after ſo long a Diſtance of Time I am able to recover.

'This Gentlewoman at firſt only complain'd of a Sickneſs in her Stomach after eating; but in a few Months this increaſed to that Degree, that as ſoon as ever ſhe had

'had eaten she immediately fainted away, 'was in cold Sweats, and lost the Use of 'her Limbs: these Symptoms usually con- 'tinued two or three Hours, and then gra- 'dually abated.

'But after three or four Months, tho' 'her Sickness and Faintings went off, yet 'the Use of her Limbs did not return as at 'first: She consulted several Physicians in '*Ireland*, who directed her Vomits, Blis- 'ters, Steel-courses and Bitters: But she 'received no Benefit by any of these. Up- 'on which she was brought to *Bath*, and 'drank those Waters six Months, and bath- 'ed every third Day; but was no better 'by either. She was brought from *Bath* 'to *London*, and here consulted Dr. *Cole* 'and me. We persuaded her to try the 'Cold Bath. After she had continued the 'Use of this for two Months, her Sickness 'was less, and the Use of her Limbs in a 'great measure restor'd; upon which we 'sent her to *Tunbridge*; she continued the 'Use of those Waters and Cold Bathing for 'six Months, and afterwards returned so 'well, that she could walk about the Streets 'with Help of her Staff.

I am, Sir,

Your humble Servant,

March 8th, 1705. F. Upton.

About three Years since, a Man aged about 50, a free Liver, and by Trade a Wig-maker, a merry Man, and would jest upon his own Infirmities (which was a *Paralysis* with a *Tremor*) for being ask'd what made his Hands and Arms hang so lank? he answer'd with Similes out of his own Trade, I had (quoth he) once a strong and curl'd Constitution, till Claret comb'd it out of its Buckle. And being ask'd why he did not live regularly, and take Advice? he answer'd, I now grow old, and ti'n't worth while, and will e'en let my Body wear out its self its own Way: An old Wig, new bak'd, turns but red, and wears the worse for't, *&c.* And yet this Fellow, by only drinking the Waters hot from the Pump in a Morning, and taking a small Glass of Elecampain Wine a little before Dinner, recover'd his Stomach strangely in a little Time, and began to find Strength in his Limbs; and had he been rul'd to have used the temperate warm Baths first, and the Cold Bath afterwards, I doubted not but to have recovered him. He went from the *Bath* into his own Country, *Lincolnshire*, and I heard since, that with drinking of Ale, *&c.* he fell into a *Dropsie*, but whether he is dead or not, I can't say. I have often observ'd, that Wine-drinkers falling to drinking Malt-Liquors, fre-

frequently ſlide into Dropſies; and Ale-drinkers removing to Wine, ſoon fall into Jaundice, Stone and Gout, and ſo quickly go off: And the Livers of ſuch People (when open'd) are generally found to be hard, ſodden, diſcolour'd, and the Stones for the moſt Part in the *veſicula fellis*, and ſometimes in the *parenchymous* Subſtance of the Liver it ſelf, eſpecially if they are Sippers of Brandy and ſpirituous diſtill'd Liquors.

Sometimes we have obſerv'd, that the Liver is perfectly rotten, and will break with touching. In others, 'tis quite burnt up, and friable. In others, their Liver's pretty well in its natural State; but in ſuch, I have obſerv'd, that their Heart is ſoft and white, and not much bigger than a *Turky* Egg; and where that is ſeen, uſually the *Pericardium* is alſo ſhrunk and little, with very little or no Water in it, and ſometime again extreamly large and full of Water, of an ill Taſte and Colour. I very well remember that when I was at *Leyden*, the learned Dr. *Grew*, and Dr. *Johnſton* of *Warwick*, were there alſo, and that both Dr. *Franciſcus de la Boe Sylvius*, and that moſt accurate Anatomiſt Dr. *Drelincurtius*, by a conſtant, and frequent Practice in Diſſections (for beſides other private Bodies they open'd moſt that dy'd in the Hoſpitals;)

I ſay, that theſe Men, from many Obſervations in morbid Bodies, could (before the Knife was laid upon the Defunct) tell what a foul Neſt of Boxes they ſhould find within: And I have heard *Sylvius* frequently ſay upon viewing the Corps, and only looking into the Mouth,

Vino & fumo nimis deditus, vita defunctus.

By *Fumus*, he meant Tobacco, to which he was a mortal Enemy; and I heard him ſay, that conſidering the Slabber and Naſtineſs that great Smoakers make in a Room, (he was of Opinion) that had Tobacco been taken in the primitive Times of Chriſtianity, it wou'd have been reckon'd among the Sins of Uncleanneſs, *&c.*

This curſed Cuſtom of Tobacco-taking is but a foreign Invention at the beſt, a borrow'd Excellency, intimated from a ſtupid *Indian*, who, ignorant of the Uſe of Mercury, us'd it as a Salivation for the *Yaws*, a ſort of Leproſie or Pox among 'em. And now another naſty ſnuffling Invention is lately ſet on Foot, which is Snuff-taking, which hangs on their Noſtrils, *&c.* as if it were the Excrements of Maggots tumbled from the Head thro' the Noſe; nay, this Folly is ſo taking among us, ſo ſpreading a Contagion, that even Women and Children now begin to have their Snuff-boxes too,

too, and to ſpeak without ſnuffling is hardly genteel.

I have read ſomewhere, I think 'tis in Sir *John Chardin*'s Travels, that there is a Kingdom in the *Eaſt-Indies* call'd *Botan*, where the Subjects hold their Prince in ſuch Eſteem and Reverence, that they dry and powder his Excrements, and uſe it as a great Rarity to ſtrew on Meats, or garniſh Diſhes with, as we do ours with grated Bread or Nutmeg, *&c.* And I vow, Gentlemen, pray pardon me, I never ſee a Snuff-box in a Man's Hand, but I think of a *Botanian.* The Noſe is of great Uſe to the Animal to diſcharge many Excrements both from the Eyes and Head, *&c.* and when that Organ is ſtopt, and the ſenſible nervous thin Lining of it is, by the Over-uſe of pungent Powders, made dull and render'd incapable of Irritation, it cannot do its Office by diſcharging thoſe phlegmy cold Excrements neceſſary to be extruded for the Safety, Health and Well-being of the Creature. So true is that Saying of *Solomon*, *God has made Man upright, but he has found out many Inventions*, &c.

One Captain *Cliff*, that us'd the *Guinea* Trade, but ſince gone to *India*, I am inform'd by a Friend of his, Mr. *Brown*, a Wine-cooper, that he was poyſon'd there, and loſt the Uſe of his Limbs, ſo that he could

not feed himself, yet by the Use of the hot Baths, and drinking the Waters there for some Time, was perfectly recovered to his Health.

One Mr. *Lane*, troubled with a Tremor and Gesticulations much like a Chorea, after the Use of the Hot Bath, was by the Cold Bath perfectly recovered.

Note, That Dr. *Gould*'s Son-in-law, mention'd in the last Impression of this Book, before he used the Cold Bath was several Times in the Hot Baths, which prepar'd him for a Cure; so that in many Places the Use of contrary Qualities has perform'd very considerable Cures, *&c.* which (perhaps) no one Bath singly could have done.

Thomas Moss, a Quaker, who came from *Jamaica*, was so infirm by a Rheumatism, *Arthritis vaga*, &c. that he was wrapt like an old Man in Flannels, *&c.* but being persuaded to the Use of the Cold Bath, threw off all his sweltering Harness, and in three or four times bathing was cur'd.

One Mr. *Hadly*, of an ill Habit from an irregular Life came to the *Bath* about four Years since; he complain'd in the right *Hypochondria* and Region of the Liver, and had a great Induration there; yet this Man by drinking, purging and bathing, got a perfect Cure: But before he came to the *Bath* he had been in ill Hands, and wrong manag'd with Chalibeats too soon administer'd.

I knew a Physician that had a severe Jaundice, with a *schirrus Hepatis*, who was cur'd by the Bath-Waters, and by much eating Sallet-wise, the Herb *Taraxicon* only.

This last Summer Madam *Thistlethwayte*, a Daughter of Mr. *Thistlethwayte*, of *Winterstoe*, near *Sarum*, *Wilts*, received a great Cure by the Bath Waters join'd with some other Aperitives, in as high a Jaundice as ever was seen, which had long seiz'd her, and she a very lean, emaciated, worn-out, weak Woman. And in this Case, and also most Diseases of the Liver, I think the Bath Waters the best Specifick in the World, if taken seasonably, with due Preparatives, and Advice, *&c.*

In all Sprains and Wrenches of the Joints and Tendons, the present Application of cold Water, or Verjuice and Water, or Verjuice alone, is the best Remedy yet known. A Gentleman of Quality having strain'd his Ankle by a false Step down Stairs, went lame and slip-sho'd for at least a Year and half; he came to the *Bath* and us'd the dry Pump much, and often, but *Re infecta.* He was afterwards cured by keeping his Bed a Month, and the Application of cold Verjuice three or four times in a Day, and afterwards a strengthening Plaister, *&c.* And Sprains ill manag'd have been the Loss of many a Man's Leg, and

Life too. I have heard many of the Hoſpital Chirurgeons ſay, that they have cut off many a Leg from no other Cauſe but from a Sprain in the Beginning, tug'd, hal'd and wreſted by ignorant Bone-ſetters, pretending it was diſlocated and out of Joint, *&c.*

High Heels uſually are the Cauſe of moſt Strains, either in the Ankle, or Knee, *&c.* for no Man treads ſtraight and perpendicular with a Heel, nor can he walk far without Wearineſs, eſpecially in the *Knees* and *Muſcles* of the Thighs, from the ill Figure the Limb is in upon every Step; ſo that no Man with a high *Heel* can tread ſtrong and boldly, eſpecially with the leaſt Weight and burthen on him. Should a Chair-man that uſes Pumps, but one Day wear a *Heel* but an *Inch* high, and work ſo, it would lame and cripple him for a Month. For in Man, upon his Progreſſion, the Heel comes firſt to *Ground*, but in *Horſes* and moſt Quadrupedes, the *Toe*; and if the Heel be high he cannot ſtep with the whole Limb ſtraight: For the Knee bending forwards, verges towards making an *Angle*, as may be ſeen by making a ſtraight Line from the *Heel* and *Hip*, &c. and in ſuch an unnatural Poſture, no Man can walk far and long, without Pain and Wearineſs; but we muſt be wiſer (forſooth) than our *Maker:* For infinite

Wiſdom

Wiſdom that has made all Things by a right and unerring Rule, by Weight, Meaſure and Number, ſurely would have ſet a high Heel to Man at firſt, when he made him, if he had thought it to have been neceſſary, *&c.*

And one Thing more I add, as a moſt neceſſary Remark, *viz.* That no Man ever ſprain'd his Ankle, and rarely his Knee, that never wore a Heel higher than the natural Plan of the Foot; neither have they Corns under the Foot, nor on the Toes, without the Shoe be too ſtrait: I could wiſh our *Soldiers* and others, who travel much on Foot would but conſider, the great Benefit that they would receive in a long March by wearing Shoes of a low and equal *Plan*, and ſuch Soles as would bend and yield to the Foot, ſuch as the *Iriſh* and *Scotch* Highlanders wear, without any *Heel* at all; and eſpecially, if they are us'd to ſuch Shoes from their Infancy: For the *Tendon* then would not be contracted, as they are in ſuch as wear *Heels*, who cannot, thro' the Stiffneſs and Contraction of the *Tendons*, walk far without *Heels*, but are crampt in their *Hocks* and *Hams*, Akings and Pains in their *Knees*, &c. Nay, and altho' they are accuſtom'd to high Heels, they cannot walk far or faſt, but are ſoon *weary* and *tir'd*, whilſt the other treads flat and firm, and are not ſunk

or

or ſpent, even in long Journies, nor ſtiff or diſorder'd the next Day, *&c.* Men for Want of a little Knowledge in the true Structure of a *Limb*, and of the Mathematical Conſideration of the Make of the Thigh, Leg and Foot, eſteem this a light Thing, and laugh at it as a Jeſt perhaps, but the Tryal of a hard Day's Journey, will ſoon demonſtrate who is in the right, *&c.* And it has been very often obſerv'd that after a long Foot-journey, to waſh the Feet, Legs, Knees and Thighs, *&c.* with cold Water, has wonderfully abated and taken off Wearineſs, and diſpos'd 'em the better to Reſt and Sleep, *&c.*

Naturam diſce ſequi.

Unerring Nature *learn to follow cloſe,*
For quantum ſufficit *is her juſt Doſe;*
Sufficient *clogs no Wheels, and tires no Horſe,*
Yet briskly drives the Blood around the Courſe;
And hourly adds unto its Waſtes, ſupplies
In due Proportion to what's ſpent and dies:
Whilſt Surfeiting *corrupts the Purple Gore,*
And bankrupts Nature *of her long-liv'd Store:*
And thus the Soul *is from the* Body *tore,*
Before its Time.——
Which, by a temperate *Life, in a clean Cell,*
Might full a hundred Years with Comfort dwell,
And drop, when ripe, *as* Nuts *do ſlip the* Shell.

A Gentleman contracting a Complication of *Vino-venereal* Diſeaſes, which he pleaſantly call'd *Twiſts*, as alſo finding a ſenſible Weakneſs and Waſte in his *Eſtate*, reſolv'd to turn over a new Leaf, and become a wiſe Man: in order whereunto he put his Eſtate into the Hands of a prudent Manager, and himſelf into a Courſe of *Phyſick*, rather *Dietetick* than otherwiſe. He firſt began with the Purging Waters, with ſome ſmall Shop-Catharticks to quicken them (for he could drink no great Quantities of any Thing but Wine, *&c.*) After due Evacuations, he took the Wood-drinks, with ſome anti-ſcorbutick *Drops*, *&c.* from thence he went to the *Hot Baths*, bath'd there in the temperate Baths, and drank the Waters moderately for the Space of 8 or 10 Weeks; us'd *Exerciſe* much, eſpecially Riding and Bowling; he drank Wine very ſparingly, and exil'd himſelf from Women quite, (having no Wife;) from thence he came to the *Cold Baths*, to harden and confirm his *Conſtitution*, perſever'd in this good Reſolution, and recover'd both his *Health* and *Eſtate*, then not being above forty Years of Age. But before he went into his own Country, he wrote a *Diſtich* or two over that *Tavern*-Door where he uſed to entertain his *Miſtreſſes*. I hear that he is ſince married, and has two or

three healthful and lusty Children. His Verses were, *viz*,

Before a Tavern ever shall confound me,
Or painted Harlot *in her Arms impound me,*
A Fever *burn me, or a* Dropsie *drown me.*
That curs'd Trade I followed too long,
But now I'll stop before my ALL *is gone;*
By this Resolve shall Health and Money save,
And car' no patch'd up Poxes *to the Grave.*

A Gentleman in a Dyspnœa, and great Difficulty of Breathing, went into the Cold Bath several Times, but with no great Success; he went to the Hot Baths, and there drank the Waters, and by the Use of those Waters grew worse. I soon found the Cause, for he would drink two or three Quarts or more in a Morning, besides what he drank at Meals, and all the Day after. I reduc'd him to the drinking of a Pint only with some Drops of the sweet Spirit of Nitre, and he soon recover'd; for before he had over-loaded his Blood with Water, which made his Respiration difficult, and his Lungs lifted heavy, and I much wondred that he did not fall into a Dropsie, or had a Discharge by a *Metastasis* into his *Head*; which Misfortune some have fallen into, thro' drinking too long and too large Quantities, especially if they bath with too much Water in their Bodies, for

all

all Heat and Sweat diminiſhes Urine, and hinders the due Secretions by which the Blood ſhould be diſcharg'd and deliver'd of its Load, *&c.*

One Mr. *Andrewſon*, a North Country Gentleman, told me he was cured about ten Years ſince, of a great Difficulty of Breathing, by the uſing of the Cold Bath at *Holy Well*, and drinking good Store of Liquoriſh Poſſet-drink with Fennel-Water. *Quæritur*, which did the Cure, the Saint or the Medicine? I believe St. Liquoriſh and St. Fennel-ſeed did him more Service there, than St. *Winifrid* and all her Crown-ſhaven Chaplains, *&c.*

And now I am gotten into a Northern Story, I muſt tell one ſad one more, of a very worthy honeſt Gentleman of *Lancaſhire*, ſome Years ſince, whoſe Loſs was very much lamented; he being then in *London*, fell into a *Diarrhœa*, which was long, and very ſharp upon him; Mr. *Pierce* in *Drury-lane* was his Apothecary, and I was his Phyſician. I uſed all the *Uſualia*, but with little Succeſs; at Length I gave him the *Gas Sulphuris*, with ſome few Drops of, *&c.* with it, (not *Laudanum* I faithfully declare) which ſtop'd the Flux and comforted his Bowels, and the Excrements began to be hard and figur'd; and without a fi-

gur'd

gur'd Excrement no Man is right in Health, tho' Ale-drinkers are generally loose and soluble, but that proceeds from the Newness and Smoothness of those oily Liquors which they take in too great a Quantity, *&c.* But to my Story. The Setters (and perhaps the Sharers) of Dr. *Custard*-Skull's Profits persuaded him (much against his Mind) to send for this *Pulp-pated* Pill-monger; in came *Cream* and *Eggs* with his usual Changling's Grin (for then the *Ratsbane* was not so hard of Accession as he is now:) He first purg'd him, then at him with his (*Pan-pharmacon*) Ass's Milk, which smoothed his Bowels, and made the Acids lose their Hold; down came his *Diarrhœa* again, then he was at his Wits End (and that no far Journey.) Lord! Mr. *Pierce*, quoth he, what shall we do? what was it Dr. *Baynard* gave him? The *Gas Sulphuris*, reply'd he. *Gas*, quoth the Doctor, what the Devil is that? What is it, a Solid, or a Liquid? A Liquid, quoth Mr. *Pierce*; I pray give him some of that *Gas* then. I have none, quoth he, the Doctor brought it himself. Send for some of it, quoth he, by a sham Name, *&c.* Ay, quoth he, but the Doctor told me that he had no more of it (by him) made. What shall we do then, quoth he? I know not, quoth t'other. In short, being thus ill treated, he applying to the Fever, (which was

was only ſymptomatical) by Bleeding, Cupping, *&c.* not knowing the Cauſe (at leaſtwiſe, not what to check or take it off with) ſo that in a few Days the poor Gentleman ſquirted out his Soul, and then this Phyſick *Ananias* look'd like a Dog that had loſt his Stones; for an impudent Fellow out of Countenance makes a rueful Figure.

The Misfortune of this Gentleman, who was well belov'd, was the Talk of the Town; and I have been oftentimes ſince much vex'd that I did not print the Caſe, with all his ſorry Preſcriptions: But, as our *Preſident* ſaid to Mr. *Pierce* when he heard that he had given him Aſs's Milk, *Alas! poor Man*, quoth he, *he can give no other* Milk *but* Aſs's Milk.

I could ſay much more on this Caſe to the Shame (if he can be aſham'd) of this ſorry Medicaſter, but that it is but pouring Water on a drown'd Mouſe, for he is pelted by every paltry Proſer, and is the very piſſing Poſt of the Poets; for not a Cur in the Country, nor a Dog of a Dogriliſt in Town, but holds up his Leg and has one Squirt at him as he paſſes by.

This Story an Apothecary, now alive, had from Mr. *Pierce*'s own Mouth, for he was his Maſter with whom he ſerv'd his Time.

One

One Thing more I must add, that Mr. *Holmes*, late Apothecary to the *Charter-house*, told me that he having from his long Practice and Observation from Physicians Bills, collected and form'd a very ingenious Sort of a Dispensatory, by collecting some curious and choice Forms of compounding Medicines, which he design'd to have publish'd by way of Appendix to Dr. *Bates*'s Dispensatory; in order whereunto, he desir'd the Consent of the Fellows of the College for the Members to peruse and approve it, the President first beginning by setting his Hand to it, *&c.* which most of the Fellows did in Order, according to their Seniority; at last he came to *Rats-bane*'s House, who was but a young Skull-slinger then, a Cub-Cockatrice, and just crept out of his Toad-hole in *Mutton-Hall*. He receiv'd him with a cockt Haughtiness, in Proportion to his base and eleemosynary Breeding; the other submissively accosted his Worship with low Bows, *multisque cringibus*, &c. and shew'd him his Errand he came about. The first thing he lighted upon was an *Aperitive Syrup*, wherein was the Herb *Botrys*. *Botrys*, quoth *Fool-enough*, What's that? Why, quoth Mr. *Holmes*, 'tis Oak of *Jerusalem*. *Jerusalem*, quoth he, why can't *English* Oak serve the Turn? By no Means, reply'd *Holmes*, 'tis of a quite contrary Virtue and Ope-

Operation. *Engliſh* Oak is a Stiptick and Reſtringent. Stiff-ſtick and Reſting-joint; What's that, Sir? quoth he, I will prove out of the Accidence of *Lilly's Grammar*, that *Engliſh* Oak is a better Pectoral than your *Jeruſalem* Butter-Box, as you call it. How ſo, quoth *Holmes?* How ſo! quoth the Doctor, What think you of *Pectora percuſſit, Pectus quoque robora fiunt?* And the Devil's in't if Oak upon Oak, as you ſee in the Verſe, ben't a Pectoral, when the whole Breaſt was turn'd into Wainſcot. Sir, had you this out of the Accidence, quoth *Holmes?* Yes, I had, ſaid *Arſenick.* Why then, ſaid *Holmes*, farewel Accidence, but *ecce* Dunce. This Story Mr. *Holmes* has told to a hundred People about Town. *Qui capit ille facit.*

The greateſt Cures that I ever have done in my Life-time, (and I thank God I have had as good Luck as my Neighbours) I have done by Simples.

I know a certain Plant in the World infus'd long, whole and unbroken, in warm Bath-Water, and that Water pour'd on more of the ſame Plant until the Water is thorougly impregnated with the eſſential Volatiles of the Plant, that in a certain Caſe, 'tis an *Ens Specificum*, and therefore it is admirably, wiſely and knowingly ſaid of *Helmont*,

——*Existimo Deum perfecte & sufficienter in simplicibus composuisse completa morborum quorumcunque remedia.* And a little farther he goes on, *Felix ille qui simplicibus tuto atq; prompte novit tollere & conculcare morbos.*—— *Itaque credo simplicia in sua simplicitate esse sufficienta pro sanatione omnium morborum,*—— *Et per consequens Dispensatoria violentia componere & nectere plurima totum perdunt.* What wonderful Cures do we hear done by the *Indians* purely by Simples? And here I must relate the greatest Cure done (almost *ex tempore*) by an *Indian*, on Mr. *Thomas Clayton*, then a Lawyer in *Virginia*, related by his Brother Mr. *John Clayton*, now a Minister of a Parish in *Dublin*, and a Gentleman very knowing in Physick himself, which he has often told some of our *Gresham*ites, which in short was this. His Brother being seiz'd with the Country Disease, *viz.* dry Gripes with a *Paralysis* that had taken away the Use of all his Limbs, an *Indian* for so much Brandy, *&c.* would undertake to cure him. He order'd some Wine or Water or some such Liquor to be warm'd, into which he scrap'd about a Scruple or half a Dram of a certain Root which he pull'd out of his Pocket, but whetted the Knife he scrap'd it with, because they should not discover by the Smell what the Plant was, *&c.* Upon his

* taking

taking this Dose, he fell into a violent Sweat, and repeating the Dose the next Morning, he recover'd as if made whole by a Charm or Miracle. When the *Indian* Doctor was gone, the Maid-Servant found a little Bit of this *Root* drop'd under the Table, which she presently gave to Mr. *John Clayton:* To work went he a Root-tasting all round the Country for some Score of Miles, but with all his Pains and Diligence could not discover the least Footsteps of this wonder-working Plant. So after many Essays and tiresome Journeys, home he came and rested himself contented. Sometime after this a Sow with Pigs was stung with a Rattle-Snake, the Sow immediately made to the River on a full Gallop, grunting and making a hideous Noise, (as the Hogs did with the Devil in 'em) he being in the House and hearing the Out-cry, ran to see what the Matter was, and following the Sow to the Water-side, he espy'd, under a large *Sassafras Tree,* a Plant about a Yard high, with a Leaf not much unlike our *Angelica*; he cropp'd a Leaf or two and rub'd them, and he fancied that it had a Smell somewhat like the Root we are discoursing on: He immediately upon tasting the Root, found it was the very same that cur'd his Brother, *&c.*

He gave me a Piece of it: It was a very ſtrong *Aromatick*, and ſcented every thing that it touch'd. Mr. *Clayton* fancy'd it to be by the Deſcription, the *Libanotis vera Diaſcoridis*, but I think it came the neareſt in both Taſte and Smell to the *Spaniſh Meum*, but far pleaſanter and much more *Aromatick*. He alſo the next Year ſent for ſome of the Seed (he having before he came for *England* diſcover'd more of the Plants) but it got wet with Salt-water in the Paſſage. He gave ſome of it to the ingenious Mr. *Watts* then Director of the Phyſick-Garden at *Chelſea*, but it came to nothing; either our Climate was too cold, or the Salt had deſtroy'd its Fœcundity, *&c.* I inſtance this Relation, that we may ſee what hidden Power was given by (the *Fiat* of) the great Creator to all the Works of his Hands.

I could add here, ſeveral remarkable Inſtances of moſt wonderful Cures done in *Palſies*, where the *recurrent Nerves* and Muſcles of the *Tongue* has been ſeiz'd, even to an *Aphonia*, and total Loſs of Speech, and ſome of an old Date and long Continuance, which has been inſtantaneouſly recover'd by Cold Immerſion; one whereof I had the Relation from his own Mouth, the Matter of Fact was as followeth. This Gentleman, Mr. *John Perion* of the Town of *Taunton-Dean* in the County of *Somerſet*,

ſet, was ſeiz'd, as I underſtood by him, with an *Arthritis vagæ* upon a Rheumatiſm, which as to dolorous and pungent Pains, are much the ſame. He was adviſed by his Phyſicians to try the Cold Bath. He was ſo weak and tender, as not to be touch'd without great Pain; ſo that they lifted him into it in a Sheet or Blanket; he ſate up to his Neck, and had the Cold Water pour'd upon his Head for about the Space of half an Hour; his *Speech* that was loſt and gone, ſo as not to be underſtood what he ſaid, ſo perfectly return'd (I think he told me) from that very firſt Immerſion, that he cry'd to the *Adſtantes*, Hold, I am well, and continued ſo; tho' for Confirmation-Sake, he us'd the Cold Bath ſome few Times more. I brought this Gentleman to give the Relation of his own Caſe to a Patient of mine here at the Bath, this Summer, *Anno* 1708. a Gentleman of good Worth and Note, who from an Apoplectick Stroke totally loſt his Speech, together with the Uſe of his right Side; he ſeem'd to be affected and pleas'd with the Relation, and I believe deſigns to try it; and what Alterations it will produce upon him, the World ſhall know in the next Edition of this Diſcourſe. And if (upon Trial) the Succeſs anſwers our Hope, the Remarks upon ſo great and eminent a Cauſe,

may be of great Use to Mankind, as well to Posterity, as the present Age. And here I do boldly assert, to the blushless *Faces* of all its Opposers, that such prodigious and unheard Cures, has been done *sub diù*, and in the Face of the Sun (by Cold Immersion) without Trick, Fraud, or Cozenage; insomuch that could any *Physician* perform but the Tithe of such Cures, as we daily see done by cold Water, he would be follow'd and esteem'd more like a *God* than a *Man*. But alas; Envy, Pride, and Malice, those Characteristicks of the *Devil*, ever was and ever will be in the Sons of Discord and Contradiction. But for Men of Repute and Learning, to oppress so known, evident, plain, and beneficial a Good, that performs the three Parts of Physick, the Physician, Surgeon, Apothecary, all in one, must certainly be a Divine *Gift*, and Blessing from *Heaven*, where little or no Human Skill is requir'd to the Cure. But for a Man not to be *Subjectum capax*, as to believe his own Eyes, to what he sees done, is astonishing, and as hard for me to believe, that he can't believe; surely such Men must be Fools in Perfection, like a Duke's Coronet, the Flowers of his Ignorance bloom out; so that Learning in some Men serves only to worsen 'em, and make 'em more Fools than they were before; like

like a Blow on the *Pate*, that cracks the Skull on t'other Side, and gives a Counter Fiſſure to the *Knock o'th Cradle*; ſo makes 'em Blockheads, *utrumq; ferens*. But leſt I ſhould too much *Con fool* with 'em, I have done.

Having finiſhed my Obſervations of Hot and Cold Bathing, *&c.* I'll proceed now to give you (Sir *John*) ſome few Remarks on *Longevity*, and conclude.

A ſhort Diſcourſe on Longevity, *in ſeveral Inſtances of Perſons living to an extream old Age, as much from a cool and temperate Diet and regular Courſe of Life, as from the true* Baſis *and Ground of* Old Age, *that happy Parental Bleſſing of*

Bona ſtamina vitæ.

THAT the *Devil* for once ſpake true when he ſaid, *Skin for Skin, and all that a Man has for his Life*, &c. Long Life is ſo deſirable, and ſo valu'd and eſteem'd among Men, that 'tis every Man's Hope and Wiſh to obtain it. And yet we ſee notwithſtanding this great Like and Love Men ſhew and expreſs for it, how remiſs and careleſs the greateſt Part of Mankind are in

the Means to ſecure it. This ſupine and ſtupid Neglect ariſes from our too much Truſt in a good *Conſtitution*; when alas! they think not that the leaſt Debauch (tho' it does not blow up, yet) like an Earthquake it ſhakes the very Foundation of the Human *Fabrick*, and repeated Acts ſoon ruin the *Superſtructure*; and becauſe they ſee ſome few old Drunkards of fourſcore ſafe waded thro' an *Aceldama* of their Neighbour's *Skulls* that has fallen in the Battle, young Men preſently take *non Cauſa prò Cauſa*, and imitate them in *Drinking*; not conſidering that this their *Precedent*, had he trim'd his *Lamp* and wiſely manag'd the *Flame*, he might have liv'd to have been an *Old Parr* or a *Jenkins*, &c. But alas! where one Claret-*Profeſſor* lives to 80, ten thouſand of their *Tyroes* ſink under it. I muſt confeſs that Company is very pleaſant and charming, eſpecially if it be all of a piece, witty and ingenious; but we ſhould conſider how dearly we purchaſe a little frothy and fleeting Diſcourſe, and ſwop our precious Time and Health for nothing but *Piſs* and *Prate*, for in the Sink or Chamber-pot all Tavern-Delights terminate; and tho' a Man may wreſtle thro' a great many Years under a Cuſtom and Habit of Drinking, yet the *Bottle* will at laſt prevail and fairly lay him on his Back. The

ſerious

ſerious Conſideration of this many Years ſince, even in my Youth, dictated this Caution to my *ſelf, viz.*

Truſt not to Conſtitution, *'twill decay,*
And twiſted Strength *its Fibres wears away;*
As cloſe-wove Garments *of a ſtrong-ſpun* (Thread
The Wooff *frets out and tears away the* Web:
So Soul *and* Body *tho' ne'er ſo well conjoin'd,*
The longer that they wear the more they grind
Then the crackt Organ *muſt impair the Mind.*
All finite Things tend to their own undoing,
But Man alone's induſtrious to his Ruin;
For what with Riot, Delicates *and* Wine,
Turns Pioneer *himſelf to undermine.*
Beſides the hidden Snares *laid in our Way,*
The ſudden Deaths *we hear of every Day,*
The ſmoothеſt Paths have unſeen Ambuſcades,
And Inſecurity Security *invades;* (Event,
For no Man knows what's the next Hour's
Man lives, *as he does* die, *by Accident.*
How ſoft is Fleſh, *how brittle is a* Bone!
Time eats up Steel *and Monuments of* Stone,
And from his Teeth *art thou exempt alone?*
What Warrant haſt thou that thy Body's Proof
Againſt the Anguiſh of an aching Tooth?
How ſoon's a Fever *rous'd by acute Pains?*
The ſmalleſt Ails *have all their Partizans;*
And in inteſtine Wars they may divide,
And Life's Deſerters liſt on the wrong Side.

Diſ-

Diſeaſes, like true Blood-Hounds, ſeize their (Dam,
And prey upon the Carcaſs *whence they ſprang.*
Be always on thy Guard, watchful and wiſe,
Leſt Death ſhould take thee napping by Sur- (prize.

A Letter giving an Account of one Henry Jenkins *a* Yorkſhire *Man, who attained the Age of* 169 *Years, communicated by Dr.* Tancred Robinſon *Fellow of the College of Phyſicians, and R. S. with his Remarks on it.*

SIR,

MR. Robinſon *tells me you deſire the Relation of* Henry Jenkins, *which is as followeth.*

When I came firſt to live at *Bolton*, it was told me, there lived in that Pariſh a Man near an Hundred and fifty Years old; that he had ſworn as Witneſs in a Cauſe at *York* to an Hundred and twenty Years, which the Judge reproving him for, he ſaid, he was Butler at that Time to the Lord *Conyers*; and they told me, that it was reported his Name was found in ſome old Regiſter of the Lord *Conyer*'s Menial Servants; but truly it was never in my Thoughts to en-

enquire of my Lord *Darcy*, whether this laſt Particular was true or no; for I believed little of the Story for a great many Years; till one Day being in my Siſter's Kitchin, *Henry Jenkins* coming in to beg an Alms, I had a Mind to examin him; I told him he was an Old Man, who muſt ſuddenly expect to give an Account to God, of all he did or ſaid; and I deſired him to tell me very truly how old he was: He pauſed a little, and then ſaid, that to the beſt of his Remembrance he was about One hundred ſixty two or three; and I asked him what Kings he remembred? He ſaid *Henry* VIII. I asked what publick thing he could longeſt remember? He ſaid *Flowden-Field*; I asked whether the King was there? He ſaid no, he was in *France*, and the Earl of *Surry* was General; I asked him how old he might be then? He ſaid, I believe I might be between Ten and Twelve; for, ſays he, I was ſent to *Northallerton* with a Horſe-Load of Arrows, but they ſent a bigger Boy from thence to the Army with them. I thought by theſe Marks I might find ſomething in Hiſtories, and look'd into an old Chronicle that was in the Houſe, and I did find that *Flowden field* was an Hundred fifty two Years before; ſo that if he was Ten or Eleven Years Old, he muſt be One hundred ſixty two Years, or three, as he ſaid when

I examined him. I found by the Book, that Bows and Arrows were then uſed, and that the Earl he named was then General, and that King *Henry* VIII. was then at *Tournay*, ſo that I don't know what to anſwer to the Conſiſtencies of theſe Things, for *Henry Jenkins* was a poor Man, could neither write nor read: There were alſo four or five in the ſame Pariſh, that were reputed all of them to be an Hundred Years Old, or within two or three Years of it, and they all ſaid he was an elderly Man ever ſince they knew him; for he was born in another Pariſh, and before any Regiſters were in Churches, as it is ſaid; he told me then too, that he was Butler to the Lord *Conyers*, and remembred the Abbot of *Fountains-Abby* very well, who uſed to drink a Glaſs with his Lord heartily, and that the Diſſolution of the Monaſteries he ſaid he well remembred.

ANN SAVILLE.

This *Henry Jenkins* departed this Life the eighth Day of *December*, 1670. at *Ellerton* upon *Swale*

The Battle of *Flowden-Field* was fought upon the Ninth Day of *September*, in the Year of our Lord, 1513.

Henry Jenkins was twelve Years old when *Flowden-Field* was fought, ſo he lived 169 Years. Old

Old *Parre* lived One hundred fifty two Years nine Months; so that *Henry Jenkins* out-lived him by Computation sixteen Years, and was the oldest Man born upon the Ruins of this *Post-diluvian* World.

This *Henry Jenkins* in the last Century of his Life was a Fisherman, and used to wade in the Streams; his Diet was coarse and sowr; but towards the latter End of his Days he begged up and down; he hath sworn in Chancery and other Courts, to above 140 Years Memory, and was often at the Assizes at *York*, whether he generally went a-foot: And I have heard some of the Country-Gentlemen affirm, that he frequently swam in the Rivers after he was past the Age of One hundred Years.

'Tis to be wished that particular Enquiries were made, and answered, concerning the Temperament of this Man's Body, his Manner of Living, and all other Circumstances, which might furnish many useful Instructions to those who are curious about *Longevity*.

Francisco Lupatsoli, the *Venetian* Consul at *Smyrna*, liv'd 113 Years, and had by his Wives and other Women about 50 Children; he used to pray for the Soul of all his defunct Mistresses by Name. He drank nothing but Water and Milk, sometimes a small Sherbet; his usual Diet was small

Soops of Flesh, sometimes of Bread, Water and Figs. He saw at that Age, or near it, without Spectacles, and could hear well. He drank no Manner of Tea, Coffee, or Chocolate, nor any fermented Liquor. He went upright. He had some new black Hairs on his Head, and Mr. *Ray*, the *English* Consul there, told me that he saw a Tooth cut in his upper Gum. He said that he was potent for Women at that Age, and was known to give Money for a she young Slave to be kind with her. Towards his latter End he complain'd to a Doctor that his Eyes began to grow dim, and desired a Remedy; the Doctor's Name was *Barbatscio*. He was a fair Man, of a middle Stature, *&c.*

Mr. *Ray* lodges at Mr. *Butler*'s next Door to Mr. *Holt*'s in *Charter-house-yard*.

Mr. *John Bill* related too that *Richard Lloyd*, born two Miles from *Montgomery*, was aged 133 within two Months, a strong, strait and upright Man, wanted no Teeth, had no grey Hairs, which were of a darkish brown Colour; could hear well, and read without Spectacles; fleshy and full cheek'd, and the Calves of his Legs not wasted or shrunk, he could talk well: He was of a tall Stature: His Food was Bread, Cheese and Butter for the most Part, and his Drink Whey, Butter-milk or Water,

and

and nothing elſe; but being by a Neighbour-Gentlewoman perſuaded to eat Fleſh-meat, and drink Malt-Liquors, ſoon fell off and died. He was a poor labouring Man in Husbandry, *&c.* To the Truth of this, the Copy of the Regiſter produc'd affirm'd it.

Dr. *Lower*, Brother to our famous *Lower*, told me, that he ſaw a Man in the North of an extream Age, full or above ſixſcore; he lay on a Pad on the Ground in a dark, ſmoaky tatter'd Cottage, with a Clout or old Stocking that ſtopt a Hole in (the next to no Wall) a Clay-plaſter'd Hurdle, with a little Cow lying by him, chewing the Cud. I ask'd him what that Hole in the Wall ſerv'd for? He told me that it ſerv'd to let out Smoak or let in the freſh Air, according as he wanted the one, or was oppreſs'd with t'other. I ask'd him what that Cow ſerv'd for, with her Mouth ſo near him? He anſwer'd, for Refreſhment; for, ſaid he, the Breath of the Cow is a Cordial, and much refreſhes me when I am faint, *&c.* I ask'd him what Diet he us'd? He anſwer'd, Oatmeal made into Water-pottage, and Potatoes, and ſometimes a little Milk, when his Son and Daughter did not drink it from him. He ſaid that he had been a labouring Man all his Days, and that he never had been ſick

as

as he ever could remember in his Life; that he eat very little Fleſh, *&c.*

As to being comforted with the Breath of the Cow, 'tis highly rational to believe it; for the Breath was warm, and muſt emit with it ſome volatile Salts, and fragrant Particles, analogous to our own Spirits. I have heard ſeveral Shepherds and other Cattle-keepers ſay, That in rouſing of their Herds from their Reſt in a Morning, the Steams not only of their Bodies, but even the *Effluvia* and Scent of their Dung and Urine has been grateful and refreſhing, from thoſe ſalubrious volatile Salts that they draw in with their Breath in their Sheep-Folds, and Cow-Houſes, early in a Morning before the Beams of Light and Heat exhale them, and rob them of the beſt Noſe-gay in the World. And in the Times of the old Patriarchs, no Doubt but that the whole Family lay upon the Ground, Old *Adam*'s firſt Floor, both Man and Beaſt, Wife and Children, which might be one Cauſe of their long Life, *&c.* For in thoſe Days they were Strangers to the curſed Invention of tall Houſes and painted Roofs, which the Divine *Seneca*, *Socrates*, *Plato*, *Epictetus*, *Antoninus* the Emperor (who as *Caſaubon* remarks, had more Kingdoms than ever *Solomon* had Towns, *&c.*) I ſay all theſe, and many

many others of the wise Philosophers of all Ages have expos'd and rail'd at the Pride, Vanities and Unnecessaries of *Life*, which is not only the Trouble, but the very Plague and Torment of it, according to the Poet,

He that wou'd restless live in this short Life,
Let him have a vain and fashionable Wife,
From Top-knot Shop *to Top-knot let her range,*
And constant to nothing but to constant change.

But whilst the Devil, that Spiritual Taylor, Prince of the Air, can so easily fly to *France*, and Monthly fetch us new Fashions, 'tis never likely to be otherwise. What a shame is it, in the Church, the House of God, where People ought to assemble in Sack-cloth and Ashes to lament and mourn for their Sins, to come with a Bushel of erected Head-geer, like so many walking Turrets? and the Men to disguise themselves with long dangling Perriwigs hanging to their Rumps, as if each had a *Bear's-skin* at his Back, is a Shame to the sober and christian part of the World, in making the Church a Spiritual *Hide-Park*, an ogling Rendezvouz of Amoretto's and Lovers, rather than a House of Prayer and Humiliation? Really this must be a great Offence even to the poor *Mumpers* that beg at the Church-door.

There is at the *Bath* an Old Fellow in the Summer-time, who is an assistant to the Play-house. I have observ'd this Old Fellow once in a week, or sometimes oftner, to go to a Milk-house (where I used often to drink Milk) to fill a great Pitcher (which held at least 6 or 7 Quarts) of new Butter-milk, but always kept it until it was sowr, and then drank of that and nothing else all the Summer Months, (*i. e.*) from *April* or *May*, until *October*; the remaining part of the Year he drank either Water or small Beer, tho' he told me that in his Youth he has sometimes drank strong Drinks, but they never agreed with him: And he also told me, that not above 2 Years ago he went from *Bath* to *London* on foot, in two Days, and came home to the *Bath* again in two Days more, and that he was then near 87 Years of Age, as may be seen by the Register. He is a streight upright Man, without stooping, and of his great Age moves wonderfully nimble. He has an ungrateful Name, tho' an honest Fellow, for it is *Seth Unthanke*. He was born in *Milfield*, in the County of *Northumberland*, in *Glendall Ward*, in the Year of our Lord 1617. on the 29th of *September*, in the 15th Year of the Reign of King *James*, and was Baptiz'd in the *Kirk Newton*. He was the youngest of 22 Children. His eldest Sister has

has been dead a Year. He has a Brother living 10 Years older than himself, his eldest Brother has been dead three Years. He has a Sister living in *Spittle*, within half a Mile of *Berwick*, 16 Years older than himself. His Uncle was 126 Years old, when he died, he was a Pensioner to the Bishop of *Durham*.

Henry de la Grange D'Arquin was born in *France* the 13th of *April* 1606. and was made Cardinal *D'Arquin* by *Innocent* XII. the 12th of *December*, 1625. He is now at *Rome*, and enjoys Health enough to deserve being called the youngest Man in it. He goes frequently on Foot, diverts himself more than any Body at Feasts, and has often Consorts of Musick at his House, where he entertains the Company with an air of Youth; he lives at liberty, and without constraint. He has a robust Complexion, and is not subject to any indisposition but the Gout, which may proceed from his too much eating, having a most devouring Stomach. He is so little sensible of his great Age, that he often talks of going into *France* for a Year or two, and afterwards return to *Rome*.

He deny'd himself no Pleasure in his Youth, and notwithstanding is very like to carry the same temperament and briskness to the Grave.

Mr. *Martin* in his deſcription of the Weſtern Iſlands of *Scotland* ſays, that *Donald Roy*, who lived in the Iſle of *Sand*, where they have neither Phyſick nor Phyſician, died lately in the 100th Year of his Age, and was able to Travel and manage his affairs till about two Years before his death.

He makes mention of one that died about 18 Years ago, aged one hundred and forty, and of another who they ſaid died at one hundred and eighty.

At *Bean Soleil*, a Village near *Turin*, I ſaw about three Years ago, an old Woman in the Inn that was 105 Years old, as her Grandſon told me, who was Maſter of the Inn. She was become from a tall proper Woman, a ſhort hump-back'd Figure, but had all her Senſes in Perfection, and was continually employ'd in the drudgery of the Houſe, and had a prodigious Appetite, as I obſerved during my ſtay. She was reputed older by all the neighbouring Villages, and had never been Sick.

It is to be noted, That this Village where ſhe lived, is famous for the beſt Air in * Piedmont.

About two Years and a half ſince, going into the North Country, and lying at

* *This Account Dr.* Baynard *had from Dr.* Engliſh.

North-

Northamton, I desir'd my Landlord of the Inn to shew me the Famous old Man so much talk'd of. When I came into his Room, I saw a short, broad-breasted old Fellow sit by the Fire-side on a low Stool: I ask'd him how old he was? he answer'd me, that he was 128 and half. I ask'd him about a great many memorable things done near a 100 Years since, some whereof he perfectly remembred, as the coming in of King *James* the first *&c.* and farther, said, that he was one of the 24 Morrice-Dancers that danc'd before him into the Town: But here I doubted my old Man's varacity, for if I am not mistaken, the King came in the *Yorkshire* Road, through *Huntington*. But however I found him, by all, and by the nicest enquiry I could make, that he was not far short of that Age, as appear'd by the Testimony of several People, some near, others above a hundred; and they all say, that he seem'd to be an old Man ever since they could remember. That he was born in the Town, but before Registers were used, *&c.* He had a very strong Voice, and spake very heartily and loud. He said (not designing it for a Jest) that he should never die so long as he could breath freely, which is no small Happiness. Diseases and Difficulties of the Breathing Faculty, are

not only moſt troubleſome, but the moſt dangerous alſo; and I never knew a very old Man, but his reſpiration was very liberal, *&c.* And this agrees with the Sentiments of *Hippocrates.* viz. *Facile ſpirare magni momenti eſt ad ſalutem*, &c. and *Jacob. Spon.* upon him, *Spirare enim Facile partium Thoracicarum libertatem indicat*, &c. And upon this Article how many *Nurſes* and careleſs *Mothers* ought to be *hang'd* for their hard ſwathing poor helpleſs and tender *Infants*, &c? as in another Place I have ſaid more at large; nay I have ſeen a *Nurſe* lay her heavy *Hand*, and ſometimes her *Arm*, upon the *Breaſt* of a Child, as it lay *flat* and ſupine in her *lap*, until it has been black in the *Face*; which tho' not always the preſent deſtruction of it, yet it gives the *Thorax* a cruſh, which the Child may never well recover as long as it lives, *&c.*

This old Man, whoſe name was *John Bailes*, told me, that he had buried the whole Town of *Northamton*, except 3 or 4, 20 times over. Strong Drink, quoth the old Man, kills 'em all. He told me that he never was drunk in his Life, and that Water, ſmall Beer and Milk was his drink, ſometimes taken *per ſe*, ſometimes mix'd, and that his Food was, for the moſt part, brown Bread and Cheeſe; he cared not much for Fleſh Meats. He was a ſenſible

ſible old Fellow, and had no Diſeaſe but Blindneſs, which had ſeiz'd him not above four or five Years, *&c.*

Mr. *Robinſon*, Miniſter of *Ousby* in *Cumberland*, has wrote me ſeveral Letters of poor People that have liv'd to extream old Ages, of a hundred or more, and that upon enquiry, he moſtly found that they lived upon the *lacticinia*, eſpecially on Whey and ſowr Butter-Milk, and Oat-bread. *&c.* he alſo wrote me Word, and I have heard it confirm'd by many other *Cumberland* Gentlemen, That a Man ſleeping on ſome Mineral Bank, the Steams and *Effluvia* of it had turn'd that ſide of his Hair which lay next the Ground as white as Snow, as alſo one Eye-brow, and half his Beard, which before was as black as a Raven, This Miniſter atteſted this (*verbo ſacerdotis*) at *Child*'s Coffee-Houſe at the Weſt end of St. *Paul*'s Church, before Major *Roycroft* and ſeveral others. Mr. *Robinſon* deſir'd it to be recorded in the Philoſophical Tranſactions, but I hear it was oppos'd by Sir *Tiffany Sleeſy* the Muſlin-Man.

Mrs. *Hudſon*, Mother to Mr. *George Hudſon* a Sollicitor in Chancery, lived a hundred and five Years, and then died of an acute Diſeaſe, by catching Cold. Her Eyes were ſo very good, that ſhe could ſee

to thread a Needle at that great Age: Her Food was nothing (or very little elſe) ſave Bread and Milk all her Life time.

Mr. *Johnſton*, the Father of my learned Friend Dr. *Johnſton* of *Warwick*, always a ſtrong luſty Man, dy'd at a hundred and eleven. His uſual Drink was Milk and Ale, or Milk and ſmall Beer mix'd together.

That Milk is of a ſalubrious, ſafe and ſweet Nouriſhment, is evident by many Nations that eat much of it, and live long. One Inſtance of it is at *Croydon* in *Surry*; a Phyſician of good worth and learning was ſo kind as to give me an account of himſelf, who has conquer'd a Diſtemper, and acquir'd a good Conſtitution by his drinking of Milk only, eating and drinking nothing elſe for theſe 6 or 7 Years paſt. His *Quantum* is a quart in a Morning, a quart at Noon, and a Pint at Night, without Bread, *&c.* and to this quantity he exactly keeps; ſometimes he drinks it hot, ſometimes cold, as for his conveniency it happens.

All thoſe that have written of the Iſlands of *Scotland*, &c. ſay, That the *Whig* or Whey they boil'd with ſweet Herbs, and barrel'd it up for their *Potus ordinarius*.

A hundred Examples of this kind may be found to confirm the Doctrin of Temperance and a cool Diet, as neceſſary to the prolongation of *Life*; but if an *Angel* from

from Heaven ſhould come down and Preach it, one *Bottle* of *Burgundy* would be of more force with this *Claret-ſtew'd* Generation than ten Tun of *Arguments* to the contrary, tho' never ſo demonſtrable and divine, *&c.*

But when alas! Men come to die
Of Dropſy, Jaundice, Stone and Gout,
When the black *Reckoning draws nigh,*
And Life (*before the Bottle*)*'s out:*

When (*low drawn*) *Time's upon the* Tilt,
Few Sands and Minutes left to run;
And all our (*paſt gone*) years *are ſpilt,*
And the great Work *is left undone:*

When reſtleſs Conſcience *knocks within,*
And in Deſpair *begins to baul,*
Death *like a Drawer then ſteps in,*
And asketh, Gentlemen! *d'ye call?*

I wiſh that Men *would, timely, think*
On this great Truth in their full Bowls,
Both I and WILL. *of* Ludgate-hill,
And all our Friends round Paul's.

As the Divine *Herbert* has *it,*

A Verſe may find him whom a Sermon flies,
And turn Delight into a Sacrifice. &c.

A ſhort dehortatory POEM to a *Claret-Prone* Kinſman and Godſon of mine, againſt immoderate Drinking.

PAſs by a Tavern-door, *my* Son,
This ſacred Truth *write on thy Heart;*
'Tis eaſier, Company to ſhun,
Than at a Pint *it is to part.*

For one Pint *draws another* in,
And that Pint lights a Pipe;
And thus inth' Morn, *they tap the* Day,
And drink *it out e'er Night.*

Not dreaming of a ſudden Bounce,
From Vinous Sulphurs *ſtor'd within;*
Which blows a Drunkard *up at once,*
When th' Fire takes Life's *Magazin.*

An Apoplexy *kills as ſure,*
As Cannon Ball; and oft as ſoon,
And will no more yield to a Cure,
Than murd'ring Chain-ſhot from a Gun.

Why ſhould Men *dread a* Cannon *bore?*
Yet boldly 'proach a Pottle Pot,
That may fall ſhort, ſhoot wide, or o're,
But drinking *is the ſurer* Shot.

How many Fools *about this Town,*
Do Quaff and Laugh away their Time?
And Nightly knock each other down,
With Clarret Clubs, *of* No-Grape *Wine.*

Until

Until a Dart from Bacchus *Quiver,*
As Solomon *deſcribeth right,*
Does ſhoot his Tartar *thro' the* Liver,
Then (Bonus Nocious) Sot, *good Night.*
Good Wine *will* Kill *as well as* bad,
When drank beyond (*our Nature's*) *bounds;*
Then Wine *gives* Life *a mortal* Stab,
And leaves her weltring *in her wounds,*
Wounds! that no Phyſick Art can heal,
And very rarly that they feel
The Stroke, *the Moment it does Kill.*

Virgil's *Cold Bath.*

Deſcribing a People invigorated and hard'ned by uſing to waſh in the *Cold Streams* from their Infancy, *&c.*

Æneid. 9. juxta finem.

Durum è ſtirpe genus, natos ad flumina primum
Deferimus ſævoq; gelu, duramus & undis.

Paraphras'd.

A Hardy People from their Childhood bold,
Deſcended from a Race *inur'd to Cold;*
Bathing their Infant-limbs in Winter's Flood
Reverberates the Heat upon their Blood;

The

The rous'd-up Flame *makes the whole fluid* boil,
Destils brisk Spirits from good Blood and Chyle,
Bracing the Nerves, and fibrous Muscles tight,
For Battle strong, for Hunting swift in flight.
This bars the doors thro' which life's vigour strays,
And locks th'Pores up with a cold bunch of Keys.
So Vulcan *forging Shields for th' Sons of* Mars,
'Tis Thetis *makes his glowing Fire so fierce;*
For as he blows she sprinkles on the Coal,
The open'd Sulphur *gives to Fire a Soul;*
Thus from its contrary does Strength acquire;
And what would seem to quench does raise the fire.
So Man that often to the Streams resorts,
His Life becomes an impregnable Fort;
Not only a keen Appetite *creates,*
But the whole vital Force invigorates,
And gives a Tone to all the Body's vents,
Perspires in unseen Smoke its Excrements:
Where every Ductus *carries off his share,*
And every Gland *is her own Scavenger.*
(*A Secret only known to th' learned* * Cole,
Who trac'd Dame Nature *thro' her smallest hole,*

* Dr. Cole de Secretione Animal. & Ætiolog. ad Doct. Hub.

Found

Found all her Foils *so long lay hid in night,*
And all her secret Mewses *brought to light,*
And in the dark before where no Man *come,*
The Pocher *catch'd her squat upon the form.*)
Thus in the Infant *is the* Man *made strong,*
Nothing but Time *can shake his Garrison;*
For who to hardships from his Youth's inur'd,
From Stone *and* Gout *and painful* Death's *secur'd.*

And he that this way for old Age prepares,
Is sure (bar Accidents) *of a hundred Years.*
Finds no decay, is one *and's still the same,*
And's mind sublimed *by a stronger Flame;*
For sure the Soul *must take a great delight,*
And act with Pleasure where her Organ's *bright.*
For where the Body's sound, and th' Mind is clear,
Man in himself enjoys a Heaven *there.*
Thus Nature *undisturb'd in this bless'd State,*
Renders the Passions calm, *the Mind sedate.*
For where she's warm below *and cool* above,
That happy Man *can both instruct and* love.
To Men *his long Experience may impart,*
To Women shew the green-house of his Heart.

Where

Where blooming Love *is in its bloſſom* gay,
For his December *is their Month of* May,
Juſt in his prime, *when other* Men decay:
For all the tender brood *do periſh ſoon,*
Their ſetting Sun *is his meridian* Noon;
Whoſe vital Heat *around his World does run,*
And not confin'd to Stages *like the* Sun.
Thus at a hundred Years *his third* brisk Wife (*enjoys,*
And ſtocks a Village with his Girls *and* Boys;
With his Children's Children's Children toys and (*plays,*
And finds their Inclinations by their ways.
There ſees himſelf *in every ſmile and laugh*
In their young Faces, *four Generations off.*
But when the fatal Hour draws on,
For Man muſt die, tho' he live ne'er ſo long,
Time that diſarms the Oak *will ſeize the ſtrong*
Finds he decays, and muſt dear Joan *forſake,*
Yet he will Cobble *were he cannot make.*
Then comes the Curſe, *when impotent deſire*
Broods o'er the Aſhes *of extinguiſh'd Fire:*

For

For when the Power to act is past and dead,
The Ghost *of* Lust *then haunts the old Man's* Head.

I don't at all doubt but that Mr. *Wou'd be Wise*, call'd a *Critick*, will be nibbling at this our *Book*, and indeed all that Write should have some *Rubbish* in their Writings to make a *Bait* for *Criticks*, who are catch'd like *Sparrows* in a Scrape of *Chaff*; and so because they shan't lose their expectation I only trull 'em a couple of Rumblers, which, if they don't like, let them take any other that they do like, *viz.*

This bars the Doors thro' which Life's Vigour strays,)
And locks th' Pores up with a cold bunch of Keys, (&c.

Now if any Man should have the misfortune (*as his Mother had*) to labour under the superfetation of *Fool*, and ask the question, Pray is it *true* that the *Cold Bath*, like a *Dutch* Woman's *Girdle*, or a Sexton of a Church, has a *Key* to every Pore in the *Skin?* I answer, that I could only have wish'd that he had liv'd in the time of *Æsop*; and have ask'd him if it were true, that the *Horse* talk'd to the *Hawk*, or the *Cat* to the *Kite*; would he not have told him he was a *Coxcomb?*

But

But if any, out of a felonious intent to pick a *Lock* or a *Quarrel* with my bunch of *Keys*, or any thing elſe contain'd in this Treatiſe, let him ſit down, ſmoak a ſober *Pipe*, take the Context with the Text, and read it quite through; then when he and I meet, we may ſhake Hands and be Friends, as being upon the *level*, for I never knew a bad Writer, but that there was a Fool Reader for him ready cut and dry'd, *&c.*

For when a Book before a Critick *lies,*
He reads, to carp, *or* filches *to be* Wiſe.

And now, Sir *John*, you and I may do as they do at Funds and Lotteries, e'en cloſe the Book, for I never intend (as at preſent I think) to write more upon this Subject; and once again am,

SIR,

Your moſt humble Servant,

London, March 25. 1706.

EDW. BAYNARD.

TO THE

Much HONOURED and Very LEARNED

PHYSICIAN,

Sir *John Floyer*, K^t.

AS a *Postscript* (honoured Sir) to my former Epistle I sent you, concerning Cold Immersion, be pleas'd to accept of these few (but very uncommon) *Observations*; especially, two or three of the Cases here mention'd in this small *Appendix*, which, probably, may have no parallel Case in many Years, if ever: 'Tis to you only that the World is indebted, for reviving that ancient and salubrious Custom of Cold-bathing, for the great Pains you have taken, and Learning you have shewn, in turning over, perusing, and judiciously quoting so

many ancient Authors, as well Philoſophers as Phyſicians, in compoſing your *Pſychrolouſia*; a Practice that has now an eſtabliſh'd Reputation, which will laſt as long as Water is cold, and will run with its Streams to the lateſt Ages, notwithſtanding the Difficulties it has met with from ſome Gentlemen of the *Faculty*, who are now brought over, by the Evidence of their own Eyes, and not only in the Cure of their *Patients*, but their own *Perſons* alſo, and acknowledge that uſeful, what they ſo often ſcoff'd and laugh'd at; who, for many Years, made it the Subject of their phlegmy and ſpiritleſs *Drolls*, *Jeſts*, as taſteleſs and inſipid as the *Water* they ridicul'd; and ſome, of a more dry and ſapleſs Conception, have ſtrain'd ſo hard for a ſnotty *Witticiſm*, as has even *flux'd* their Underſtandings to drivel it out; but they had better to have ſpar'd that Part of the *Farce*, for I have often return'd them a *Hawk* for their *Buzzard*, Birds much of a *Species*, but not of a *Speed*, &c. but now thoſe very Men make it their *Refuge* and *Aſylum*: And, in many Caſes, it is become a *ſine quo non*: for when they are at a Stand, and their repeated Inſignificancies baffled, they ſcratch the fallow and unplow'd-up Side of their *Noddles*, and propoſe a *Hot* or *Cold Bath*; and altho' of contrary *Qualities*, yet, for

fear

fear of displeasing, often leave it to their Patients Choice, who are apt to choose the wrong, according to the Delicacy or Hardness of Constitution, or Measure of Pains they labour under, and sometimes both, and thereby get a Cure: but it is as the *Blind-man* caught the *Hare*, more by Chance than Design: Tho', in some Cases, both the *Hot* and the *Cold* have done great Cures, when us'd successively; but too often they have begun at the wrong End, and prescrib'd the *Cold* first. But, to begin with the *Hot Baths*, and drinking the *Waters*, to melt and wash off the *scorbutic, acrid Juices*, and *lixivial Salts*, and afterwards to strengthen the *Habit*, and solid *muscular Parts*, is most methodical, and highly reasonable, by which I have seen great and wonderful Cures done: Nay, the late famous Railer against all *Baths*, and *Methods* too, but his own, would now and then slide a Patient into the *Pool*, trusting more to the Coldness of the Water, than Power of the Saint, *&c.* But this was a Force upon him, where he saw the Necessity of its Use, lest another should direct it, and run away with the Credit of the Cure; as in that known Case, and famous Cure, done on Mr. *Josiah Heathcot*'s Wife: And this is the Case of some Physicians now, who prescribe more out of Fear of losing their

Patient, than Conviction, that 'tis the only probable Remedy left; or, if they are convinc'd, they are very ſilent, and mute upon the Matter, knowing, that *Cold Baths* are the *Epilogue of the Play*, the laſt Diſh of the Feaſt; for after *Cheeſe* comes nothing: For, *Fiat immerſio* and *repetantur immerſiones*, bring no *Griſt* to the *Mill*; for, as a witty Fellow ſaid, *That if Diſeaſes can be cured by a few Rinces in a River*, Doctors-Hall *in* Warwick-lane, *will, in time, become a College of* Laundreſſes: But in this, the Miſtake is very great; for Phyſick, in moſt Caſes, is indiſpenſibly neceſſary, both before and after Immerſion; ſo that it can never be made an univerſal *Quack-medicine*, as many have known to their Coſt, who, Hand over Head, as they ſay, have fooliſhly and unadviſedly us'd it. Indeed, it is a harſh Medicine, and very ſevere to nice and tender Fleſh and Blood, and therefore, eſpecially to Women and Children, (unleſs rickety) rarely to be uſed; but in Extreams, where more gentle and eaſy Methods won't do, which always ought to be eſſay'd and try'd firſt, which ſome honeſt Phyſicians in this Town, who ſeek the Good and Welfare of their Patients, have with great Caution always directed. And it is from ſuch Men, and their Obſervations, that the Improvement of Phyſick

muſt

muſt be expected. I ſhall at this time trouble you no farther, but conclude with a Paper of hobbling, unpoliſh'd *Verſes*, ſent by an honeſt, well-meaning, Country Parſon, to my very valuable and learned Friend, Major *John Hanbury*, of *Pont-Pool* in *Monmouthſhire*, on the Subject of *Cold-bathing*; and altho' they ſeem a little harſh and uncouth, yet, for the Truth they contain, may be eſteem'd as rough *Diamonds*. So wiſhing you (Sir *John*) *Summa Salus*, *Sincera Quies*, & *Tarda Senectus*, I am (dear Sir)

Your moſt oblig'd, humble Servant,

EDWARD BAYNARD.

The *Country Parſon*'s Verſes on *Cold-bathing*, &c.

NO chryſtal *Spring*, *but flows with Streams of* Life,
To bathe, *or* drink; *affording more Relief*
Than Compounds *can*, *where all deſtroys each Part*,
Or ſimple Juice *debauch'd by* chymic *Art*.
Plain Nature's *Helps far more effectual are*,
What Art *pretends to mend*, ſhe *does but marr*;
And whilſt our Sophies *their Inventions boaſt*
Of Things ne'er found, *and others better* loſt;

See here, what we to Chance or Madneſs owe!
And more by theſe, *than by our* Learning *know:*
For, had no Phrentic *leap'd into a Pond,*
Or Drunkard *out of* Ditch *been dragg'd half drown'd,*
Cold Water's *Vertues* Reaſon *ne'er had found.*
'Tis Chance that finds out all things, Reaſon none,
And when we blunder on't, we call't our own.
No ſooner ſee a Simple *do a Cure,*
But ſpoil the Eſſence *on't to make it pure;*
Torture it with Crucibles, Stills, *and* Retort,
And loſe the Balſam *for to find the* Salt:
And after all fiery Tryals, *we arrive*
To a burnt Calx, *or* Spirit *corroſive.*
But Chymiſts *ſave the* Eſſence, *as they ſay,*
And throw the terrane Parts, *as* mort, *away.*
Thus a French *Cook, with* Spirit *of* Mutton,
Six Drops in Water *makes a* Soop *on a ſudden.*
Fleſh *is but the* earthy Part *you eat,*
It is the Spirit *that's the* Soul *o'th'* Meat.

And although this honeſt, well-meaning Divine, is a great Friend to ſafe and ſimple Medicines, the *Euporiſta*, ſuch as may eaſily be prepar'd; yet Chymiſtry muſt not, therefore, be inſulted and run down: For what wonderful Medicines have been prepar'd

prepar'd from *Mercury*, and *Antimony*, &c. which no other Art, but that of the *Fire*, could produce? Which muſt he own'd, as a ſtanding Evidence; for, where Fact is clear, the Truth bears down all before it, and is not only perſuaſive, but compulſive alſo, upon our Belief. Perhaps there may be, in the vegetable Kingdom, Plants, whoſe Vertues are unknown, which might (if diſcover'd) anſwer all the Intentions of *Pyrotechnical* Productions; but until then, they come within the Reach of the old School *Axiom*, *De non Exiſtentibus, & non Apparentibus eadem eſt Ratio.*



THE APPENDIX.

Some farther Obſervations and Remarks on Hot *and* Cold *Bathing, Pumping, Drinking, &c.*

AS *Water* is, in chief, the univerſal *Drink* of all the *World*, both *Animals* and *Vegetables*, ſo it is the beſt, and moſt ſalubrious; for without it, no *Plant* nor *Creature* could long ſubſiſt; nay, even the *Air* we breathe would deſtroy us, were not the keen Particles of the *Nitre* ſheath'd and invelop'd in aqueous *Lamina* and *Teguments*, as it has ſometimes been fatally experimented by *Conſumptive* Perſons, ſent into mountainous and over-dry *Airs*, beſides the Accounts we have ſo often had, from thoſe who have aſcended and climb'd the *Alps*, and other ſteep and almoſt inacceſſible *Hills*,

Hills, &c. That this *Water* enters with the *Air* into our *Lungs* and *Blood*, ſeparated from thence by the ſeveral *Secretions*, is evident, by any ſound Man's Obſervation, that he returns more Liquids by *Urine* than he drinks, by much. And it has of late been obſerv'd, that *Diabetic* Perſons have made in a Month's time, more *Urine* than the Weight of their *Bodies*, and all that they have eaten and drank in that Month beſides; which can never be accounted for, but allowing the *humid* and *aqueous* Particles of the *Air* to ſupply ſo vaſt a *Profluvium*. And 'tis farther obſerv'd by ſome Gentlemen, Lovers of the Sport of *Horſe-Racing*, where they have been dieted to Horſe-mans *Weight*, and brought below the Standard of the fluid Conſiſtence of the *Blood*, that by *ſleeping* beyond the allowed time, they have increaſed their *Weight* to ſome Pounds. And Mr. *Maſſy*, a Gentleman of Quality in *Cheſhire*, try'd it on his own *Perſon*, where he rid for a conſiderable Sum of Money, and, by little *Sleep* and a thin ſpare *Diet*, brought himſelf down to Ten Stone; who, as ſoon as he had won the *Race*, weigh'd himſelf: Thence he went to his *Inn*, and not taking above a Pound and a half of *Viands* in both Meat and Drink, went to *Bed*, and ſlept 16 Hours; and when he aroſe, he found by the *Scale* that he got by *Weight* (to the

beſt

best of my Remembrance) 14 *Pounds* and 3 *Quarters*. And I have heard several of the *Jockeys* affirm the same thing, in proportion to their *Fasting* and low *Diet*, and Oversleeping afterwards: Which if true, as I doubt not, having so often heard it from *Gentlemen* of Worth and unquestionable Reputation, this can no way be solv'd but by the former Reason of allowing the *watry* Particles of the *Air* to supply those Vacancies and Defects, which a low Diet and too little Sleep had caused. Which shews evidently, that this great Change and *Increment* is (mostly, if not only) made in the Time of *Sleep*, when the Spirits cease from Action, and Nature intent upon the necessary Separations, and Restorations to perform the bodily Labours of the next Day, *&c.* For true *Sleep* is made in a State of *Incogitancy*, without *Thought* or *Dreaming*; then the natural Functions are at work, Wounds are heal'd, and Breaches made up, according to the Quantity and Goodness of Materials laid up in the *Blood* for *Nature* to perform that Work with, *&c.* And here it will be pertinent to shew, what a learn'd *Physician*'s Opinion was of *Water* in general.

Primum autem inter alia Potulenta sibi vendicat locum Aqua. Tum jure antiquitatis, tum salubritatis prærogativa; & in se spectata

Potus

Potus medicus meritò ſuò audit, quod lubricitate & flexibilitate Particularum ſeſe Poris cujuſcunque ſint figuræ facile inſinuet, acidum vitioſum temperet, ſalia diluat, petuitam fluidiorem reddat, bilis æſtum demulceat, & ſanguini humidas particulas reſtituat; ſuperfluum autem tum per vias Urinarias, tum per exteriorem Corporis ſuperficiem & ambitum iterum excernatur, & quod Caput rei eſt nullibi aceſcat, ut ipſis etiam ægrotantibus, modo ejus frigus non obſtet, tutò propinari poſſit.

Eligatur itaque Aqua fontana vel limpida, tenuis & Cryſtallina, quæ levis & omnis odoris & ſaporis expers eſt, quod ſi forte particulas Heterogeneas & Limoſas in receſſu habeat, coctione emendetur.

This is ſpoken of ſimple and elementary *Waters*, not impregnated with any *Mineral* Particles, (if any ſuch are) which, notwithſtanding they are *genuine* and *pure*, yet they are medicinal, tho' not ſo very medicinal as *Mineral* Waters. And where other Waters are not to be had, I have known where a regular drinking of *Spring Water* hath done ſome conſiderable Cures, by waſhing off the *acrid ſcorbutick Salts* from the Blood, and ſtrengthning the *Coats* and *Fibres* of the Stomach and Bowels, and hath brought on both a good *Appetite* and *Digeſtion*. One Inſtance whereof I will here relate.

A cer-

A certain Man that used to frequent *Tunbridge*, by which he found much Benefit, was so confin'd by his Affairs, that one Season he could not go thither; but having a good *Spring* or *Pump*, in his Yard, drank with great Regularity his own Waters, the usual Quantity as at the Mineral Waters; which did him as much Service, by cooling his *Blood*, and diluting and washing off the heterogeneous and tartarous Particles which his *Claret* had left; for he was a good Fellow, and wrote this *Distich* over his Pump:

The Steel *is the* Cheat,
'Tis the Water *does the* Feat.

But here it may be doubted, whether a Perseverance in drinking of his Pump *Water* might yearly yield him the same *Benefit*; for Mineral Waters, especially the *Chalybeat*, leave a Restringency and binding Quality on the Stomach and Bowels, which manifestly strengthens, beyond any other *Waters*, void of such vitriolic Particles. And Dr. *Whistler*, an eminent Physician, who used *Tunbridge* many Years, used to say, That in a dry Season he could perfectly taste a *Gas Vitrioli* in them, which is wonderful discernible in the *Bath* Waters in a dry Season, and the *Wind* at any Northerly Point: Not but all Waters, *quatenus* Waters, not loaded

loaded with Cathartic *Salts*, as *North-hall*, *Epſom*, &c. are reſtringent and binding; tho' taken in any great Quantity, they will purge *ratione ponderis*,

That good and pure *Water* has a *balſamic* and healing Quality in it, I could give many Inſtances, as well externally in curing of Wounds, as internally, as Ulcers, Excoriations, *&c.* For I once knew a Gentleman of a plentiful Fortune, who by ſome Accidents fell to decay, and having a numerous Family of ſmall Children, whilſt the Father was a Priſoner in the *King's Bench*, his Family was reduced almoſt to Want; his wife and Children living on little better than *Bread* and *Water*. But I never ſaw ſuch a Change in ſix Months time, as I did in this unhappy Family; for the Children that were always ailing and valetudinary, as *Coughs*, *Green-ſickneſs*, *King's-Evil*, &c. were recover'd to a Miracle, look'd freſh, well-colour'd, and luſty, their Fleſh hard and plump: But, I remember, the Mother told me, it being a plentiful Year of Fruit, ſhe gave them often bak'd *Apples* with their coarſe *Bread*, which, I think, might very much contribute to their Health. And that moſt remarkable Story of *Alexander Selkirk*, a *Scotchman*, who from a leaky Ship was, upon his own Requeſt, ſet on Shoar on an Iſland

Island in the *South Sea*, call'd *Juan Fernandes*, about the Latitude of 33 Degrees, where he liv'd 4 *Years* and 4 *Months* by himself alone, and eat nothing but *Goat's Flesh* and drank *Water*, having neither Bread nor Salt, as he told me himself at the *Bath*, where I met him; and that he was three times as strong, by Exercise and such a Diet, as ever he was in his Life: But, when taken up by the two Ships, the *Duke* and *Dutchess*, set out from *Bristol* for the *South Sea*, that eating the Ship-fare with the other Seamen, and drinking Beer, and other fermented Liquors, his Strength by degrees began to leave him, like cutting off *Sampson's* Hair, *Crinitim*, (to make a Word) or Lock by Lock; so that in one Month's time he had not more Strength than another Man. I insert this Relation, to shew, that Water is not only sufficient to subsist us as a Potulent, but that it liquifies and concocts our *Food* better than any fermented Liquors whatsoever; and even those strong and spirituous *Drinks*, were it not for the *watry Particles* in them, would prove altogether destructive, and so far from nourishing, that they would inflame and parboil the Tunicles of our Stomachs; as is daily seen, and especially in the Livers of most Clareteers, and great Drinkers of other strong Liqours, *&c.* Not

but

but that a little of these spirituous Liquors may be of Use sometimes, in phlegmy and cold Constitutions, but the constant Use is of pernicious Consequence; for we are all so blind and misled by *Custom* and *Example*, as to take *non Causa pro Causa*; for we think that the *Wine* warms us, when, alas! we warm the *Wine*: For the Spirits in the Wine stir up the natural *Heat* to act, which increases the Circulation, which gallops on, and flutters in the Blood, till 'tis run out of Breath, and spent, evaporates and insensibly goes off in Perspiration, *&c.* Now this *Heat*, which every merry Bout of drinking raises, is taking from the *Stock*, and robbing the *Bank*, which Nature has laid up in our Constitutions, as a *Fund* of Heat, if rightly husbanded, to serve the *Animal* 100 Years; but when by lavish and unnecessary Expence, 'tis *squibb'd* and *fir'd off* by Drunkenness, and other Irregularities, his Tenement daily dilapidates, the Man *shrinks*, and grows *old*, *withers*, and falls *off*, e'er half the Time be expir'd, allow'd him even by the short *Jewish* Calculation of Threescore and Ten.

This *Truth* is every Day's *Experience* in our Friends and Neighbours; but willing the *Elusion* of our Fears, we are loth to bring it home to *ourselves*, and make it our own Case, but drink on, until Diseases (as the

the Wise Man says of *Poverty*) come on us, like an armed Man, with all the dismal Views of *Pain* and *Sickness*, together with the sad Retrospect of a vicious *Life*, where we see the *Ruins* and *Breaches* of a (once) good Constitution, too *wide* to be repair'd; and Nature quite *tired out* with her Office of *Scavenger*, so often to unload our repeated *Debauches*, till at last she sinks under the filthy *Burthen*; and when too late, we cry out, with the Herd of Fools, Why did I despise Instruction? Why was I not wise in time?

For, alas! when the Organical Parts of the humane *Frame* are injur'd, and the whole Regulation and OEconomy is out of *Tune*, the *Soul*, the Organist that plays upon them, makes but harsh and unpleasant *Musick*; for a Defection on either side spoils the *Melody* of the whole. So well is that Saying of the *Philosopher*:

Numinis instar venerandum sit medicamen, quo non Corporis sed & Animi redintegratur lapsus; quippe à se invicem ita pendent, ut unius inimicus, alterius sit hostis.

And here to begin with some Cures done by the force of *Heat* from the *hot Pump*, where the hottest Baths will not reach the Distemper, that it lies deep among the *Muscles*, or is *old* and *chronic*, I have often seen the Effects of *pumping*, to a Miracle:

And

And to instance, a Man of *Quality*, who had for some Years an aching and gnawing Pain in his *Arm*, a little above the Muscle *Biceps*, who had try'd Ointments, Plaisters, Fomentations, Blistring, Purging, and Bleeding, (and all the Train of Do-Littles) to no purpose: At last he came to the *Bath*, and began with 200 Pumps, and increased every day a *Hundred*, until he came to 1500, or near 2000; and when he found the Pain to abate, he receded, and abated the Strokes of the Pump gradually, as he began. And I saw him some Years after, and he told me, he continued *well*; tho' in great *Frosts* he had a little Remembrance of it, but such as was tolerable, and generally went off with the *Thaw*.

By the good Management under a Course of Pumping, I have seen very great Cures perform'd, as, namely, in the *Sciatica*, or *Hip-aches*, one memorable was in a Gentleman of *Ireland*, who liv'd in most intolerable Pain; and he yielding to that side in walking, it had drawn him crooked: He pump'd at least from 500 to 2 or 3000, by which he had some *Ease*, but was not cured. At last I advised him to use *Cupping* with large Glasses, which, he said, he had formerly done, but *re infecta*: But, however, I advised him to try it again, upon warming the Part well with the *Pump*, and then

apply 'em; which had a wonderful Effect, for, by doing that two or three times, he was perfectly cur'd; and, I think, that two of those Cuppings were dry, without Scarrification.

Sir *Thomas Malevrier*, a Gentleman of *Yorkshire*, had a great and an old Pain upon his Hip, from a fall he receiv'd in Hunting: He came to the *Bath*, and from bathing he fell to pumping for six Weeks or two Months together; the Pain somewhat abated, but his Hip and Thigh prodigiously swell'd, and grew soft; it so wasted, and robb'd the rest of his Limbs, and his whole Body also, that he died of a *Marasmus*. After his Death we open'd the Part, from whence flow'd some Quarts, at least 5 or 6, of an impure *fœtid* corrupt *Pus*; and the upper part of the Thigh-Bone *Caries*, and eaten away with the acrid corrosive *Pus*, at least 5 or 6 Inches, and as black as Ink. His Brother Sir *Richard Malevrier*, who succeeded him in his Honour and Estate, was present when his Thigh was open'd.

I could give many Instances of great *Cures* done by pumping only; for the Heat of the *Water*, press'd by the *Weight* of it also, from a *Bore* of a large *Diameter*, and drawn immediately from the *hot Spring*, must have a great Force and Effect on that

Part

Part of the Body on which it falls: Especially, when it is held and continued, by its Weight and Preſſure, the Part muſt be ſo extremely *warm'd*, as either to ſcatter and diſperſe the offending *morbid Matter*, or elſe *thin* and *diſſolve* it, ſo as to make it capable of being *abſorb'd* into the circulatory Veſſels, and ſeparated by the Secretions as to be carried *off* either by *Urine* or *Sweat*, &c.

A memorable Caſe hereof, was of an *Alderman* of *Bath*, now living; it is near, if not complete 20 Years ſince: And I have cauſe to remember the Time, for I was ſo very ill myſelf with *hectical Heats*, together with a *Hæmoptoe*, that we uſed to compare Notes, and condole each other, as fearing that we were both in the high Road to the Grave, and that our Journey's-end was not far off. He complain'd of a great Pain in his *Back*, which ſeem'd to lie deep, and ſhot into his *Side*; which Pain was ſo ſharp, and pungent, that he could not ſleep, took off his Appetite, and brought him ſo very low, that with yielding and ſtooping to it, he went as if crooked: He had the Advice of ſeveral *Phyſicians*, his Friends, for he is an *Apothecary* himſelf, an honeſt Man, and well belov'd; they try'd all probable Means, as *Bleeding*, *Purging*, &c. but all in vain, nothing would do, or give him the leaſt

Eaſe or Relief; moſt ſuppoſing it an Impoſtumation, an Abceſs breeding. At length of his own Head, *proprio impulſu*, he reſolv'd upon trying the *Pump* to the Extremity, and, I think, he told me, that from 500 he proceeded to 2000, and ſo on to 3000 Strokes of the Pump, with a *Continuando*: The extreme Heat made him ſomewhat *feveriſh*, but ſtill he bore it, and went on, until at length his Diſtemper yielded to the Cure. I thought to have had this moſt memorable *Hiſtory* with many rare and nice Circumſtances in it, under his own Hand, but forgot to deſire it of him when I was laſt at the *Bath*; but, in the main, it was the *Pump*, and nothing but the *Pump*, to which he ow'd his *Cure*, and conſequently his *Life*. And, doubtleſs, in many Chronical old *Aches* and *Bruiſes*, Men might receive much more Benefit than they do, would they have Patience and Perſeverance; but ſuch is Peoples Haſt, that if they have not a perfect Cure in a Week, two, or three, they neglect, grow weary, and totally abandon any farther Tryal, and Eſſays: For the Weight of Water from a *Spout* or *Pump* of a large *Diameter*, has done wonderful Cures as well from the *cold* as the *hot Water*, according as the Caſe, either hot or cold, requires the Application of thoſe contrary and oppoſite *Qualities*; tho' the re-

ceiv'd

ceiv'd *Axioms* are *similia similibus sanantur, & contraria contrariis curantur*, which in some Cases, are both in *force*, and both used, produce sometimes the contrary Effects, as hot or warm Applications to a hot or inflam'd Part, where it is necessary to open the *Pores*, and give the *bilious* hot *Particles* and *Steams* room and liberty to evaporate, and fly *off*, which has allay'd and cool'd the cutaneous *Minera* or *Ferments*, which were lock'd, and glu'd in the choak'd-up *Meatus*, and *Pores* of the *Skin* and *Glands*, when a cold Application would have contracted, and stopp'd, to the increase of the Inflammation, and perhaps (as very often it has done) brought on a *Mortification*; and, contrarily, I have seen, that in a cold phlegmy *ædemitous* Tumor, such as are often on the *Knee*, call'd a White Swelling, hath been cured and discus'd by a Weight of *cold Water* pump'd on it, with other proper Applications; which, if it proceeds not from a *Spina Ventosa*, and *Caries* of the *Bone*, does rarely fail of Cure. A late History hereof I shall, for the good of those that have or may have such a Misfortune, fairly state and relate, *&c.*

A young Man of *Worcester*, Mr. *Momford*, a Bookseller's Son, aged about 25, had a very large White Swelling on his *Knee*; after the Tryal of many Applications, to no purpose,

he came to the *Bath*, and there, for a long time, uſed the *Pump*: But finding little or no Benefit, I adviſed him to try what *cold* Water would do, and either to hold his *Knee* under the Fall of an over-ſhot *Mill-Stream*, or ſome very cold *Pump*, whoſe *Spout* had a large *Diameter*, and to do this, if he had Conveniency, twice in a Day; and, going to Bed, to wrap a large *Towel*, wet in a Decoction of *Oak-bark*, and *Lime-ſtone* well burnt and ſlack'd in the ſharpeſt old *Verjuice*: By the Continuance of which ſome little time, he threw by his *Crutches*, and walk'd all the Town o'er with an under-hand Stick; and I hear ſince, that he walks without any Stick at all. I gave Sir *John Floyer* an account of this great (*and, I may ſay unexpected*) Cure, but he was of the Opinion, that the Remedy was more owing to the *Lime* and *Verjuice* *Oak-bark*, than to the cold Water. Now, if any are ſo curious as to make the *Experiment*, if ſingly, they ſhould not ſucceed, they may try them jointly afterward, without any hazard: Tho' I am of the Opinion, that that Application of the *Bark*, &c. both warms the Part, and diſcuſſes alſo, after the Uſe of the cold Water, which I very much doubt would not have done without it; for the *Preſſure* and *Cold*, ſo very forcibly laid on, muſt *awaken* and *ſtir*

up

up the *Spirits* to *act*, as is seen by the Glowing and Warmth in the Part after *pumping*, tho' no Heat in the least perceptible before: And I am also persuaded, that the Application of *Snow*, to so cold and phlegmy a Part, might do almost the same thing, before the Use of the *Bark* and *Lime*, &c. for as in *cold Countries*, when *benumb'd* and *frozen*, they first rub the Parts with *Snow*, before they will suffer 'em to come into their *Stoves*, or approach the *Fire*: Of which Custom, among the *Northren* People, *Fabritius Hildanus* gives many Instances.

But a wonderful Cure, by a contrary *Method* of a large *ædemitous Tumor* in the *Knee*, was perform'd on the honourable Capt. *Edward Nevill*, Commander of a Man of War, Brother to the Right Honourable the Lord *Abergaveny*; the Part was at first *inflam'd* by the Application of a *Cataplasm* made of the hot *antiscorbutic* Plants, such as Garden *Scurvygrass*, Garden *Cress*, *Horse-Radish*, *Erysimum*, *Trifolium Paludosum*, and such like Plants, which very much inflam'd it. The next day they took away about 20 Ounces of *Blood*; two days after Phlebotomy he was *purg'd*, and so every other day, or two days the Purge repeated; and, on his *Knee* apply'd a Plaister of *de Ranis è Mercurio*, and *è Mucilaginibus*, mix'd,

with a pretty tight broad *Bandage* of Linnen, insomuch that the next Morning, after the Bleeding and first Purge, his *Knee* subsided, and sunk in the *Circumference* at least seven or eight Inches; and, by repeated gentle *Purgations*, and a spare low *Diet*, in about three Weeks, or a Month, at most, he was as *well* as ever he was in his *Life*, and walk'd abroad without the least *Halting* or *Lameness*. This Case is yet well remember'd by his noble Brother my Lord *Abergaveny*, and Mr. *Middleton*, a Glover in *Fleetstreet*, at whose House he lodg'd. This is the Sum of what I now remember of this great *Cure*, considering that the Captain had the Swelling growing upon him some Years. What was farther done than what is here related, may be seen upon the File at Capt. *Wick*'s Shop on *Ludgate hill*, who was his *Apothecary*, and attended him thro' the whole Cure.

Tho' this Experiment succeeded very well, yet let Men be very *cautious* how they attempt a Cure by this *Method*; for an *Inflammation* easily falls into a *Mortification*, especially in an ill *Habit*, and *morbid Body*, and then it may come to a *Who would have thought it!* But the other Cure by *cold Pumping*, &c. is very safe, and easy to be essay'd, without Hazard or Danger.

Several

Several great and considerable Cures have been done upon *manical* Persons, even where the Distraction has been *raving*, and all Hopes of Recovery given over, and all the usual *Bedlam* Methods have been baffl'd, and the Patient *sunk*, and brought *low*, by often *Bleeding*, and needless *Purgations*, only by a spare *Diet* of chiefly *Fruits* and *Roots*, but always keeping the *Head cool* in that Diet, or else that also will not do: A History of which I here give you, communicated to me by a Gentleman of *Scotland*, one of the Lords of the *Session*, Dr. *Scogall*, a Civilian, who was an eye-witness to the Cure.

A *Ship*, belonging to *Swedeland*, was, in the Winter-time, cast away upon the Northren Part of the *Scotch* Coast, but most of the *Men* were (by the Assistance of the Inhabitants) *sav'd*: Some of these poor Seamen being shelter'd and reliev'd by the Charity of a Gentleman in a Village, there chanced to be at his House a Brother, or some near Relation, *distracted* and raving *mad*, insomuch that he was bound in his *Bed*, and had been so for some considerable time; some of these Seamen told them, that if they would make him wear a *Cap* fill'd with *Snow*, and as it melted to replenish it, it would in a little time cause him to *sleep*; which had the desired *Effect*: And he

he awak'd very calm and ſober, and, by a little time perſevering in this *Method*, he was perfectly *cured*; only had the Misfortune of having a *ſpaſmodic* Contraction on one ſide of his *Face*, from the Extremity of the *cold Snow* in over-doing it: And the Doctor told me, that after this he had known two or three more cured by the ſame *Method*; and I have been credibly inform'd by a Gentleman, *Fide dignus*, that he knew one in that Diſtemper perfectly cured, by eating *Apples* for a Month, and nothing elſe; and that they kept him looſe, and ſoluble, all the time: Not that I think that this, or any other Method, would cure all ſorts of *manical* People; for ſome ſorts of Madneſſes are certainly incurable: And there are more ſorts of this Diſtemper than of any one Diſtemper whatſoever. So that the Method of *Cure* ſhould be conſulted from the *Cauſe*, without which we ſhoot at rovers, and work in the dark; and in ſuch a Caſe the *Phyſician* is more mad than his Patient: So that this cold Method is much fitter for the unruly, and raving, than the melancholy Madneſs, eſpecially, if any religious Deſparing be in the Caſe.

A young Man troubled in Mind, from an unknown Cauſe, was at firſt, for ſome time, *ſullen* and *melancholy*; afterwards, he fell

fell into an unruly *Fury*, and *Raving*, who, after gentle Bleeding and Purging, a cool ſpare Diet, the uſe of cold Immerſion, frequently waſhing his Head with a Decoction of *Sedum*, *Endive*, *Cichory*, common *Nightſhade*, *Purſlain*, and *Lettice*, cold, and lying *hard*, and *thin*, without a *Cap*, was perfectly cured in three Months time, without any Relapſe.

Mr. *Thomas Hobby*, a Gentleman of great Honour and Integrity, told me, That the *Viola Tricolor*, call'd *Heart's-Eaſe*, hath cured many *mad* People, to his Knowledge, by drinking the *Juice*, and alſo the *Herb* ſteep'd in their Table-drink; and deſired me to try it, and to give him an Account of the Effects of it; but as yet I have not had an Opportunity. Tho' I have propos'd the Uſe of it to thoſe who have had the Management of People under thoſe Circumſtances, but thro' Want of Faith, either in the *Virtue* of the *Plant*, or ſome Miſtake in the Relation, they neglected the Experiment, not conceiving how ſo ſimple and taſteleſs a Plant could perform ſo great a Cure, as to ſedate and quiet the *Furor* and *Ataxy* of the Spirits, and preternatural Ferments of the *Blood*; nor conſidering the occult Qualities both of *Plants* and *Minerals*, which the beſt Enquirer

and

and deepeſt Peeper into *Mill-ſtones* could never account for.

'Tis evident, the great Effects of the *Peruvian* Bark, in intermitting *Fevers*, and other Caſes, lies out of the Reach of our Scrutiny; for, other *Barks* and *Roots* are more *ſtiptick* and *bitter*, &c. than *that*, yet will hardly reach to a *Succedanium*; ſo it muſt forever lie in the dark till *Solomon's* Reſurrection.

That a Thing is, *and* does, *we know*,
But how, *and* why,
Baffles our weak Philoſophy.

But to proceed on the Good, that *manical* People have receiv'd from a cool Regimen, and cold Application externally; alſo I ſhall here give an Account, what my ingenious Friend, and moſt knowing Botaniſt, Mr. *James Petiver*, hath receiv'd from a learned *Scotch* Phyſician, Dr. *Blair* of *Cowper*, in *Angus*, in *North Britain*.

This Man was ſo raving *mad*, that he was bound in *Fetters*; having firſt tryed all Evacutions, uſual in ſuch Caſes, together with Opiats in great Quantity, but to no purpoſe, I, at length, plung'd him *ex improviſo*, into a great Veſſel of *cold Water*, and at the ſame time throwing on him, with great Violence, ten or twelve Pails full

full of cold Water on his *Head*; but that not ſucceeding, the next day having the Conveniency of a Fall of Water, about half a Mile off, I caus'd him to be plac'd in a Cart, and ſtript from his Clothes; and, being blindfold, that the *Surprize* might be the greater, let fall on a ſudden a great Fall or Ruſh of Water about 20 Foot high, and continued him under it as long as his Strength would well permit: This ſucceeded ſo well, that after his Return home, he fell into a *deep Sleep* for the Space of 29 hours, and awaken'd in a quiet and ſerene State of *Mind* as ever, and ſo continues to this day, it being now about Twelve Months ſince; but in ſome *hypochondriac* and *paralytic* Caſes, I have not found it to ſucceed ſo well.

Alſo a *Boy*, about 13 Years of Age, ſeiz'd with a *Paraplagia*, who, after ſeveral vain Attempts in hot-dry, and hot-wet Baths, *Semi Cupiums*, &c. and totally depriv'd of the Uſe of his *Limbs*, and alſo emaciated, I at length had recourſe to the cold Immerſion, whereby ſome ſmall Symptoms of Recovery began to appear: His Parents deſiring farther Advice, brought into Conſultation with me the learned Dr. *Pitcarne*, of *Edinbourgh*, unto whom I wrote, that all the Hopes I had of recoveting him, was, by proceeding in the cold

Regi-

Regimen of Bathing, as he was now in: Of which the Doctor approved; but farther adviſed the *Cataract*, or Fall of Water, from a *Mill*, to which I conſented; it appearing reaſonable, *à majori*, from the greater Force and Preſſure; ſo placing the *Boy* under the Deſcent of the Water-fall about 12 or 14 Foot high, that the Water's greateſt Force might fall upon that Part which I ſuſpected to be the *weakeſt*, and kept him under it about the Space of three Minutes the firſt time, and ſo daily lengthning the time to ſeven or eight Minutes, allowing ſome few Intervals in this *cataractical* Courſe; the Boy, in a very little time, recover'd and was as brisk and nimble as ever he was in his Life.

Now to requite Dr. *Blair* for his great Cures done by Cataracts *without*, I will tell him of a greater Cure done by Cataracts *within-doors*, if I may ſo uſe the Expreſſion; for a great Fall of Water is a *Cataract*, whether within the *Body*, or without it. But to *wave* Words, and come to the Hiſtory, it is this:

Sir *Thomas Witherly*, when he was *Preſident* of the College of Phyſicians, *London*, was pleas'd to entertain ſome of the *Fellows* at the Board with this following moſt ſurprizing *Story* of an hydropical Cure. That Water ſhould expel Water, and that

that a drown'd Man ſhould be brought to Life by being more drown'd, is a *Miracle* beyond any of St. *Winifred*'s.

A certain *Wine-Cooper*, that had been a free Liver, fell into a *Jaundice*, thence, as the uſual Stage is, into a *Dropſy*, the *Aſcites*; he apply'd for Help to Sir *Thomas Witherly*, then Phyſician to King *Charles* II. he, as he ſaid, treated him in all the uſual Methods practicable in ſuch Caſes, but nothing would do: He made little Urine, grew *drowſy* and *aſthmatical*, inſomuch that he grew weary of his Patient, foreſeeing he would ſoon die. He deſired ſome near Friend to pronounce Sentence, for a Phyſician ſhould never do it himſelf; for thoſe who are *Adjutores Vitæ* ſhould not be *Nuncii Mortis*. In ſhort, this Man was prodigiouſly Swell'd, Belly, Back, Sides, Thighs, and Legs. Thus, being paſt all Hopes, and forſaken by his Phyſician, and given over by his Friends, he deſired his Wife to let him die at *Sadler*'s *Wells* at *Iſlington*, to which ſhe conſented; and when there, he told her, in that he had always been a kind and loving Husband to her, that ſhe would grant him one Requeſt, which was, That having on him an inextinguiſhable *Thirſt*, ſhe would let him drink his Fill of thoſe Waters, and then, that he ſhould go out of this World well ſatisfied that ſhe truly

lov'd

lov'd him; and if ſhe deny'd him, he ſhould die a miſerable *Man*, both in *Mind* and *Body*. She ſeeing him ſo reſolv'd and bent upon it, and conſidering all other Means fail'd, conſented: And, to the beſt of my Remembrance, Sir *Thomas* told us, That from between 4 in the afternoon and 9 or 10 at Night, he drank 14 Quarts of Water, and all that time made not one drop of Urine; he ſank down in the *Chair* wherein he ſate, *dead*, as they all thought, in a cold clammy *Sweat*; thence being laid on the Bed, in half an Hour's time they heard ſomething make a ſmall rattling Noiſe like a *Coach* on a diſtant Gravel-way; and ſoon after he began to *piſs*, and *piſs'd* in an Hour's time about 7 or 8 *Quarts*, and had alſo, from the Weight of the Water, two or three *Stools*: He began to ſpeak, and deſir'd a little warm *Sack*, which they gave him. He fell into a profound *Sleep*, in which he both *ſweat*, and dribbl'd his *Urine* all that Night. The next day he drank, by degrees, about 4 or 5 Quarts of *Water* more, and had two Stools more, thin and wateriſh, but ſtill *piſs'd* on, and drank on, more or leſs, for five or ſix days together, taking all that while nothing for Food but thin *Mutton Broth*, and ſometimes a little *Sack*, and ſo recover'd. Now no Man upon Earth, in his Senſes, would have

preſcrib'd

preſcrib'd ſuch a Water-courſe to cure a *Dropſy*; which ſhews how little we know of *Nature*, and the great Uncertainty of our *Art*.

And to this Caſe may be aptly apply'd theſe Lines:

A Medicine may hit a Diſeaſe gone aſtray,
Tho' unwiſely preſcrib'd, quite out of the Way:
So unknown is the Cauſe of every Diſeaſe,
Lockt up in Dame Nature, *who alone keeps the Keys.*
Tho' we write in the Light, yet preſcribe in the Dark,
And, is't not a Chance then if we e'er hit the Mark?
So a Doctor in miſſing is never to blame,
For, who ſhoots in the Dark can never take Aim.
So he that's ſo bold his Patient to warrant,
Should be eſteem'd a Phyſick Knight-Errant.

The Relation of this moſt unaccountable Cure, Sir *Thomas* ſays, had for ever been loſt, if he had not accidentally met the good Woman his *Wife* about two Years after; and asking her, how long her *Huſband* liv'd after he had left him? She reply'd, (to his great Aſtoniſhment!) *That he was alive now, ſhe thank'd* GOD, and pointing to a little *ſlender Man* ſtanding by her, *here he is, this is my Husband*

that was your Patient, but recover'd by being his own Physician; and so related the Story here mentioned.

His Son-in-Law, Mr. *Bromfield*, who married Sir *Thomas*'s Daughter, an Apothecary in *Brook-Buildings*, *Holborn*, had the whole History of this in Writing, which he had from both the Wine-Cooper and his Wife, *&c.*

But how to account for a Cure of this Nature, is a puzzling Adventure; it being done by *Addition* and *Multiplication* of the same *Matter*, of which mostly the *Disease* was made: So, if we consult *Reason*, she tells us, That such a Quantity of *cold Water* so fast pour'd in, must quite extinguish the natural *Heat*, which, in all *hydropic* Bodies, is too weak, low, and languid in itself. 2*dly*, Cold Water cannot amend and soften an obstructed, hard, and scirrhous *Livour*, nor restore a decay'd and rotten *Omentum*, nor the other *Viscera*, sodden and stew'd, (like a *Carp*) in *Claret*, and other fermented *Liquors*, to the Destruction of their *Tone* and *Texture*, and render'd uncapable of executing their Office; whence comes an *effæte Chyle*, poor *blood*, and worse *Spirits*. But if this Story be *fact*, as I believe it is, we must acquiesce in our Reasoning until the *Longitudinarian*'s Pacquets of Discoveries open'd; in the interim,

terim, let it remain bound up in the *Bundle* with the reſt of the *Occulta*.

This following Relation is of a wonderful Cure done on Mr. *Hanbury*, afterward Sir *Thomas Hanbury*, near *Gloceſter*, by the Directions and Care of the learn'd Dr. *Robert Feilding*, principally perform'd by the regular Uſe and Adminiſtration of *Baths* and *Butter-milk*, in a true *Maraſmus*.

SIR,

TO anſwer your Requeſt, concerning the great Cure of a Gentleman, in a moſt deplorable Caſe, by Name Mr. *Thomas Hanbury* of *Little Myrtile*, in *Herefordſhire*, in *An.* 1658. In the Month of *July*, I was ſent for to him, aged about 22 or 23, whom I found feveriſh to the moſt intenſe Degree, with a violent parching *Heat*, and *Thirſt* unquenchable, *Pulſe* quick and high, little Urine, and that very high-colour'd; his Mouth, as it were, ſcorch'd; two Chaps, or Fiſſures, the whole Length of the *Tongue*; the Muſcle of the *Thumb* quite conſum'd, ſo that the *Palm* of his *Hand* was all plain; no *Cough*, but a confirm'd *Hectic*; and was reduced to a *Skeleton*, only a Skin hung upon a few Bones, and that dryed, wither'd, and ill-colour'd. I was inform'd, that in the Spring he was ſeized with an *Ague*, which chang'd its

State two or three times, and, ſoon after, terminated into a *Synochus*, or continu'd Fever: I order'd him all the *Uſualia*, as in thoſe Caſes, as Emulſions, with other cooling *Juleps*, &c. as alſo *Mucilages* of *Quince-ſeeds*, *Sem. Pſyl.* with *Syrup* of *Violets*, *Aq. Lujul.* &c. for the Dryneſs and Chaps of his *Mouth* and *Tongue*: But whilſt my Thoughts were thus imploy'd, and as it were, at a ſtand what to do, and conſidering his Caſe a true *Maraſmus*, and ſeeing a large *Dairy* near us, I conceived in myſelf, that *Butter-Milk* would anſwer ſeveral Intentions, as being *cooling*, *moiſtning*, and *nouriſhing*; and if to this were added a cooling *Bath*, made ſoft with emollient and cooling Plants, it might temper and allay the Drought and Heat of the Habit of the Body, and muſcular Parts; ſo a *Bath* was prepar'd with *Violet* and *Strawberry* Leaves, *Cichory*, *Endive*, *Plantane*, *Willow* Leaves, *&c.* I immediately procur'd a *Gaſs Churn*, blown at the Glaſs-Houſe at *Gloceſter*, and having Milk, enough always at hand, I order'd the *Nurſe* to churn for him freſh Butter-Milk, and to let him touch nothing elſe: Then the *Bath* being ready, we made it at firſt *Milk-warm*, to keep him from *ſhivering*, or a *Rigor* at his firſt going in; and in this *Bath* he ſat up to the *Chin*, and there he remain'd until it began to grow cold

cold upon him. The first time he sate in it three Quarters of an Hour, then an Hour, then an Hour and a half, and sometimes longer, as he saw good, and was bathed thus twice in a day. Then I order'd him Lineaments of Oil of *Violets*, *Gum Arabic*, with *Ung. Nutritum*, and Woman's Milk; with this they anointed his *Back-bone*, and *Joints*, &c. after bathing. And in this Course he continu'd seven Weeks, taking nothing but *Butter-milk*. And when he began to desire some other *Food*, I then order'd him a Draught made of the *Yolk* of an *Egg*, *Rose-water*, and a little *Sugar* and *Nutmeg*, and just taking off the Cold, let him drink it; which Draught pleas'd him well: And I told him, that he might take it at any time. Soon after I order'd him, first, (to give my Degrees) the Juice of Meat, such as *Chicken*, *Veal*, *Lamb*, &c. taking off the Fat, also *Jellies* of *Harts-horn*, *Ivory*, with a little Orange and Sugar, *&c.*

But now a new Trouble arose, his *Stomach* coming on, and his hectical Heat going off, his *Legs* were swell'd like Bladders half fill'd with Water; for this I order'd a Decoction of *Sarsa* and *China* with Parsley Roots and Currants, to drink no Malt Liquors, eat Water-gruel with Raisins; also Puddings made light of Bread, or Flower, without Suet, but with Raisins;

also Flummery, and Milk-pottage; to use gentle *Frications*, and sometimes to eat a boild Chicken with Sorrel Sauce; and so, by Degrees, to proceed to stronger Meats; but never to eat his Fill, and always to rise from Table with some Remains of an *Appetite*.

This Method succeeded so well, that he daily got Strength: At the end of *August* he brought me some Miles on my Journey. This *Gentleman* was since Knighted, twice married, and had *Issue* by both *Venter's*, and, I believe, may be yet living. If you have any new Cases of Moment, either in *hot* or *cold* Bathing, or otherwise, be pleased to communicate them to your old Friend, and humble Servant,

Robert Feilding.

This, to give this judicious Physician his due, was a wonderful Cure, wisely concerted, and with Patience prosecuted: Had this poor Gentleman fallen into some Hands, how had his Soul, long since, been *bomb'd* out with *Bolus's*? How many *Hods* of Dispensary Hodge-podge had been carried in? How many *Repetatur's*, and *Repetantur's*? How many *Singulis, secunda, tertia, & quarta quaque Hora's*, had he been *pelted* into his Grave with? And, lastly, like a *Horse*, perhaps buried without his

his *Hide*, and encear'd in a Sheet of *Blistering Plaisters* for his *Shrowd*.

The Case of Mr. R. Helmes, Jun. *of* Bury *St.* Edmonds.

Imprimis, I Was taken very ill, and, in all Appearance, it seem'd to be a *Fever*, which continued upon me for six Weeks: All proper Means being used to remove it; which, indeed, it was, although not altogether so effectually as could have been wished. The Distemper falling into my *Occiput*, where it seemed as if there had been a Lance struck into it, which caused me to have a fainting Fit almost every Minute. Thus it remained for nine Months without intermission; and then it returning to its former Shape and Form, from which it was diverted for some time: But at last fell into my *Abdomen*, which swell'd very much every Night at six a Clock; and by seven in the Morning it was not to be perceived. From my *Abdomen*, it fell into my *Legs*, which swell'd after the same manner: From thence it went into my *Back*, and *Ureters*, and was there so very violent, that I could not make above a Spoonful of *Urine* at a time, and that with the greatest Pain imaginable. Thus it abode for some time; and then, by the Direction of a *Physician*, I went into a *Hot Bath*, made of Herbs,

Milk, &c. which, after I had done it once, removed the Diſeaſe into my *Cheſt*, and there, every time I made Urine, tyed me up ſo much, that I could not breathe; in this Poſture it was for ten Days: And then made its Removal into my *Back* and *Ureters* again, where, not being able to bear it, I came up to *London*, for the Advice of Dr *Sloane*, who order'd me to go down to the *Bath*, and drink the *Waters*; which, accordingly, I did, and found Relief by them during the Time I was there: But, returning Home, was taken with a *Flux*, which put me into great diſorder; and in a ſhort time after, I loſt the Uſe of my *Legs* and *Knees*, ſo that I could neither ſtand or kneel for nine Months, till, by the Advice of Dr. *Craske*, I went into the *Cold Bath*, which, after two Months Continuance of it every Day, I found myſelf ſo well as to walk almoſt a *Mile*, and then uſing it every other Day, till I found myſelf as well as ever; and have not had a Month's Sickneſs ſince, unleſs the *Small Pox*, which is now almoſt three Years ago.

R. Helmes, Jun.

The other Cure wrought by the Cold Bath, *was upon Mrs.* Taylor, *a young Gentlewoman that boarded at my Father's.*

AT the Beginning of her Ilneſs, ſhe was ſeized with violent Pains of her *Back*, *Limbs*, and *Head*, ſo that ſhe could not ſleep Night nor Day, but was in continual *Torment*, and ſo very cold, that the ſtrongeſt *Cordials* which could be made would not bring her to a natural Heat; and, in a Week's time, with the Agony of theſe Pains, ſhe fell into ſtrong *Epileptic* and *Convulſion Fits*, which drew her Mouth and Eyes on one ſide; and when theſe *Fits* were going off, ſhe would foam at the Mouth, and talk as inſenſibly as any delirious Perſon: In this manner ſhe remain'd for ſome time; all proper Remedies being apply'd, but not finding much Relief by them, was adviſed by Dr. *Craske* to go into the *Cold Bath*, which, accordingly, ſhe did; and, in two Months time, with the Help of ſome Medicines that ſhe took, perfectly recover'd her, and hath been very well ever ſince.

This Mrs. *Taylor* was a Gentlewoman of *Yarmouth*.

The Young Man himſelf writ and gave me both theſe Relations: But I have received

ceiyed ſince a Letter from the learned and ingenious Phyſician Dr. *Craske* himſelf, with the whole Proceſs of the Cure, with all the rational *Pharmaceutic* Steps he took in the Cure of both theſe *Patients*; but they are two long to inſert in this ſhort *Appendix*.

And now I am upon that grand *Elixir*, the Phyſician's Anti-intereſt, the renowned Liquor *Butter-milk*, I muſt here aſſure the Reader, that ſeveral, to my own Knowledge, have been cured of *Fluſhings*, preternatural *Heats*, and ſome of confirm'd *Hectics*, by the much Uſe of *Butter-milk*; whereof Mr. *Thomas Hobby* gave ſeveral Inſtances in his own Neighbourhood; and that two of his own Tenants were cured of *Hectic Fevers* by drinking of *Butter-milk*; but whether they drank it *new*, or *ſowre*, I forgot to ask him.

Sir *John Hodgkins*, late maſter in *Chancery*, and *Preſident* of the *Royal Society*, told me, That, of his own Knowledge, divers Perſons have been cured both of *Hectics* and *Phthiſics* by the ſole Uſe of *Butter-milk*; and that in *hectical* Caſes, where the Heat was much, and their Thirſt more *intenſe*, there *Butter-milk* a little *ſtale* and *ſowre* was beſt; but, in a *Phthiſical* Habit, ſweet *butter-milk*, new churn'd, did more nouriſh,

rish, and also did somewhat mitigate and allay their *Cough* better than *sowre*.

Thus *Butter-milk*, *Whey*, and also *Milk-meats* of all sorts, keep the *Blood* calm, quiet, and upon an *Aquipoise* with the *Solids*, in which consists the true State of *Health*: And in this *Road*, Life may jogg on in a sober travelling *Trot* 150 Years; and, at last, unwearied, come into his Inn *cool*, and fall asleep without a *Groan*, and depart as easily on a *Board* as on a *Bed*: Whilst the *Drankard* makes *Matches* in his own *Bowels*, and sets his *Blood* to run *Races* round her own *Padoc*, so many *Heats* a *Bottle*, *Ride* and *Rub*, in est, *smoak* a *Pipe*, and *drink*, till poor Nature's run out of *Breath*, and off her *Speed*, before the Man is 30; and then good Night *Nicolas*, for Life is *jaded*, and can hardly keep up to a Foot-pace: And if, thro' some few remaining unworn-out *Muscles*, she creeps on a Year or two more, with her dear-bought Companions, *Gout* and *Stone*, to *smoak* and *repent* in the Intervals of *Pain* and periodical *Torture*, this is all that can be expected from such a *foolish*, *shallow Self-shover* out of the World.

I could give endless Accounts of good Health, and Length of Days, enjoy'd by those who do early put in Execution a cool, sober, and temperate Life; and some,

who

who have lived very *freely*, have help'd and amended a bad *Habit*, by tacking about and ſteering a new *Courſe* of Life.

Toby Purcell, Eſq; Governour of *Duncannon Fort*, near *Waterford* in *Ireland*, hath drank nothing but *Milk*, and eat *Bread*, for above the Space of 20 Years, which has cured him of the *Gout*, which was on him many Years moſt ſeverely.

Mr. *William Maſters*, Merchant in *Cork*, drinks nothing but *Milk*, and has recovered his *Limbs* to a Miracle.

I have had lately ſent mẽ ſome remarkable Cures in both *Atrophys* and *Phthiſics*, by drinking of *Goat's-milk*, where both *Aſſes* and *Cows* have fail'd.

Milk has all along been held not only very *nutritive*, being the firſt Food of all *Animals* that ſuck, but *antihectical* alſo; and for that Reaſon we ſuppoſe, that the *Iriſh*, who feed much upon it, are generally freed from *pulmoniac Coughs*, and *Conſumptions*. And *Theophilus Garencieres* makes this Obſervation in his Book *de Tabe Anglicanâ*:

Hyberni ſolo Lactis uſu qui ipſis pro potu, & cibo eſt, ab hoc malo ſe tuantur; lac enim parte Butyraceâ optimè nutrit, & ſanguinem laudabilem generat, parte ſerosâ pulmonem abſtergit, & Caſeosâ aſtringit, quæ omnia ad pulmonis

pulmonis robur conservandum, non parvi sunt momenti.

And from their *lacticinary Diet*, I presume, so few of them are ever troubled with the *Stone*.

And I have heard Dr. *Cyprianus*, the famous *Lithotomist*, say, That he has observ'd, that those who eat much *Milk* and *Fish* never are troubled with the *Stone*.

The vertuous Mrs. *Cecilia Panton*, the famous *Western* Beauty, Daughter of Dr. *Panton*, who from a florid and good Habit of Body seemingly, fell into a *Hectic* suddenly, thence into a galloping *Phthisis* in a very few Months; she was advised to Riding, and *Ass's Milk*; in which Course she persever'd strictly, but it sunk her; her *Hectic* and *Cough* were incessant: And a little before she dy'd, said, *That she wonder'd that* Physicians *should depend so much upon* Ass's Milk, *for she had found, by Experience, that* Ass's Milk *was an* Ass's *Remedy.*

I am very well satisfied, that the giving of the *Bark* and *Opium* in *Hectics*, and the Beginning of *Coughs*, has destroy'd many a one; they thinking the *Bark* would give a *check* to the *Heat*, as the *Opiate* would to the *Cough*: But, alas! it is, in my Opinion, quite wrong; for they should take such things as would dilute and promote Expectoration; for the *acrid Serum*, a sort of

a *lixi-*

a *lixivial Salt*, being ſtopp'd, and not diſcharg'd from the *Lungs*, and thrown off by *coughing*, which might be made ſoft and eaſy by better Medicines, muſt erode, fret, and tear thoſe tender thin *Skins*, and *Veſicles* of the *Lungs*, which in time turns to *Ulcers*, and *Spitting* of *Blood*, tho' generally the *Hæmoptoe* precedes the *Ulcers*; yet I have known many, who have died with large *phagedenous Ulcers* on the *Lungs*, which have conſumed part of the *Parenchyma*, and yet never had any *Sputum Sanguinis* at all.

I know that *Sugar*, in this Caſe, is much condemn'd by both *Helmont* and *Garencieres*, and ſome others; yet they commend, and highly approve of *Sugars* of *Roſes*, and quote *Avicenna* for't: *Miris Laudibus, Conſervam Roſarum effert, ſeque vidiſſe* mulierem *quandam* Phtiſicam *memorat, de qua conclamatum erat, quæ tamen ejus frequenti uſu, non ſolum Sana, verum etiam Pinguis evaſit.* Now he attributes this to the *Roſes*, and not to the *Sugar*; *Ob vim abſtergendi, & aſtringendi.* And, I pray, why not the *Sugar?* For he ſays, *That ſhe grew fat.* And the *Sugar* Planters all ſay, That all Creatures which eat of their *Sugar-Canes*, at their grinding-time, wax very fat, and tender alſo; which *Tenderneſs*, he preſumes, is a ſort of *Putrefaction*: Tho', I confeſs,

I confess, I am no great Friend to the much Use of *Sugar*, especially in *Pulmoniac* Cases, and *slabby Lungs*; but so many Arguments *pro* and *con* have been banded about it, that I will let it rest, till it be farther, *id est*, better decided.

About three or four Years since, the famous Mr. *William Pen*, Governour of *Pensilvania*, being at the *Bath*, I went to pay him a Visit; being very well and long acquainted with him, and discoursing about the *Indians* Manner of curing their Diseases, especially *Fevers*, by *Sweats*, and immediately bouncing into *cold Water*; of which I have given his Account more at large, in the last Impression of *Psychrolousia*, p. 312. and talking upon this Head, he assured me, That a Servant of his there present, who gave me this Account of himself, that being long vexed with wandring Pains, especially when warm in his Bed, and also had some Aguish Accessions, and finding no Cure nor Help by those Remedies he had taken, and having good store of Water prepared below Stairs for washing, he, in the height of his Pains, leaped from his Bed, down he went, threw off his Shirt, and flounced into one of the largest Vessels of Water, it being a very cold Night; he got out soon, and ran thus naked once or twice round

the

the *Garden*, and then ſuddenly into the Water again; ſo out, and round the *Garden* once or twice more; then taking from his *Cupboard*, or *Buffet*, (for he was his Butler) a good Swigg of *Brandy*, went to his Bed: This threw him into a moſt violent *Sweat*, which he continued in until eight or nine in the Morning; and not riſing as uſual, a Servant Maid coming to call him, hollow'd, or ſpoke very loud, as ſhe uſed to do, (for he was *deaf* to a great Degree) the *Fellow* anſwer'd with ſome Sharpneſs, *You need not gape ſo loud, for I can hear you:* And from that Moment recover'd his *Hearing*, and continued ſo; as alſo, was free'd from his *Rheumatic Pains*, and other Complaints. I ſuppoſe that Servant may be living with him ſtill. This, to the beſt of my Remembrance, is the Whole, or at leaſt the Sum, of the Relation I had from both Maſter and Man, which I look upon as a very great Cure, eſpecially as to his *Hearing*; by which Means, ſeveral have alſo received Benefit, and ſome perfect Cures, which can only be accounted for, either by moiſtning the hard and condens'd *Cerumen*, or *Wax*, in the *Ear*, (which may be peccant both in Conſiſtance and Quantity) or elſe by bracing and affecting the whole *nerval Syſtem*, the relax'd *Tympanum* was reſtored to its Tone.

I know,

I know, many in *Deafneſs* apply hot and warm *Oils*, which ruin the *Drum*, and other moſt curious *Organs* of the *Ear*; as alſo *Spirits*, which are too potentially hot, and are all naught. I have known in Caſes, where the *Wax* hath been too much condens'd, ſtiff, and hard, that *Peny-Royal* Water, drawn in a cold *Still*, and dropp'd Milk-warm into the *Ear* going to Bed, and ſtopp'd looſly with a little Cotten, and to lie on the oppoſite Side, hath, in a few Eſſays, cur'd that ſort of *Deafneſs* from *Wax*. Now *Peny-Royal* is a warm *aromatic Plant*, and, perhaps, it might both warm and comfort the *Nerves*, as well as ſoften and relax the condens'd *Wax*; by this alone, I recovered a learned Clergyman at the *Bath* laſt Summer. I am apt to think, that plain Element, honeſt *Water*, might have done the ſame thing, ſince only Moiſture and Softning was requiſite in the Caſe. Now, had I nam'd Water only without the Sanction of the *Plant*, it had loſt its Eſteem, thro' the Simplicity of its Being, and might have fail'd of its Efficacy, as to the Cure, thro' the Diffidence of the Receiver; it being too weak to raiſe an *Idea* of Hope in the *Soul*, thro' the poor Opinion Men have of ſo weak a Propoſition. Hence 'tis, that *P. P.* don't do half thoſe Cures as *Pearl* and *Crabs Eyes*; for all Medicines that have

not a manifeſt Operation, are rais'd or depreſs'd in their Virtue, according to the good or bad Opinion the Patient hath of them; nor does this Power of Opinion reſt here, but reaches to the Preſcriber and Apothecary alſo. And I knew a nice *Lady* that us'd to ſay, That her *Cordials* were moſt exhilerating, when the *Boy* that brought them up, put on a clean *Band*; but her *Phyſick*, always work'd moſt, when brought with a dirty *Face*; but 'twas ſure to gripe her at ſight of his *Maſter*, who had ſo homely a *Phiz*, with one *Eye*, a wry *Mouth*, and a long *Chin*, &c. Tho' this merry *Lady* us'd to ſpeak thus jeſtingly, yet, I believe, ſome Folks (or rather Fools) in the World are weak enough to be poſſeſs'd, not with the Jeſt, but Earneſt of theſe, or ſuch like ridiculous Trifles: As a certain *Beau* once, upon a Bowling-green, chang'd his *Taylor* for Betting againſt him; and twice his *Shoemaker*, for ſaying he had a long *Heel*.

Now this Inſtance of Mr. *Penn's* Man running naked round his Garden, leads me into a Hiſtory of an old Farmer, one of the Head of the Yeomanry, who uſed, when fuddled over-night, to walk naked, or only in his Shirt, until he had cooled himſelf throughly, and not only ſo, but till he had evacuated his *Urine* once or twice alſo before

before he lay down in his Bed; and the next Morning, with only his Shirt and Shoes on, would run three or four Turns round a Field adjoining to his Houſe; ſo put on a Gown, and gently walk'd, until he had a Motion; then dreſs'd, and went about his Buſineſs. And this was his conſtant Cuſtom, as oft as he was heated with ſtrong Liquor. He was a luſty ſtrong Man, of a tall Stature, freſh Complection, good Teeth, and white; and I have ſeen him often to crack Nuts at upwards of Eighty. He had ſeveral Sons, Men grown, but outliv'd them: He enjoy'd perfect Health when I knew him, but how long he liv'd after, I know not; I was then a *School-Boy*, and it is ſince 60 Years at leaſt.

This Courſe may not be improperly call'd a *Balneum Aerium*, and may be of great Uſe to ſober People, as well as the Fuddlers; for running empty, after Sleep and Concoction, warms the *Blood* and *Spirits*, acutes the *Circulations*, fans and cools the *Lungs*, helps both *Excretion* and *Secretion*; all the Care in this, is, not to overdo it; to cool by Degrees, and take care of Cold in dreſſing, and not to eat or drink too haſtily, after ſuch *Exerciſe*: It muſt alſo ſtrengthen the Muſcles of the Breaſt, Back, and Loins, eſpecially, if you ſwing your Arms in running; and daily Expe-

rience ſhews us, that Men only take cold when they ſtand or ſit, and not when they run or walk faſt in cold open Air.

And a Paſſage very ſuitable to this, I read in Dr. *Lower*'s Book, *De Motu Cordis*, p. 141, 142. and being a Caſe very appoſite to this, and ſhort, I ſhall tranſcribe it.

Dr. *Lower* attributes moſt Diſeaſes of the Head, ſuch as *Apoplexies*, *Lethargies*, *Palſies*, as alſo *Tremors*, *Dropſies*, both of Head and Breaſt, to proceed from a Habit of Night-drinking, and lying down with a Load of Drink in 'em; ſo that, for Want of Excretion, and piſſing it off, when the Veins and Veſſels are full, and over-charg'd with *Serum*, it ſhoots its Channels, and gets into the Head, Breaſt, and any other Ventricles that it can make its Way into: So his Advice is, *Quæ mala ut effugiat aliquis, qui bibendi tamen conſuetudine abſtinere non poteſt, conſulo ut non lecto prius ſe tradit quam conſcius ſibi fuerit ſe maximam congeſti liquoris copiam per veſicam iterum reddidiſſe, quam multo largius, & citius evacuabit, ſi veſtibus exutis aut paululum relaxatis, aëri ambienti ſe cautè exponat*; and brings ſome Inſtances of Cold provoking *Urine*, by contracting the *Skin*, and cloſing the *Pores*, Perſpiration being ſtopped, Urine does not only flow ſooner, but the *Ejection* and Force is made ſtronger,

ger, and brings off that *Sordes* and *Saburra*, often lodg'd in the Bladder where the Stream is ſmall and weak, which is not only the Cauſe of a *Stillicidium Urinæ*, but a Strangury alſo; and from this Reaſon, all Creatures, when going into, or paſſing thro' cold Water, return their Urine preſently. And here he gives a ſhort Hiſtory of a Fuddler, that took a Precaution againſt this Danger, by not lying down in his Liquor.

Quin ex cautâ hâc (à lecto abſtinentiâ prius quàm largam ſatis Urinæ copiam reddidiſſe, ſecurus eſſet) novi quendam Pocula ad ſeram plerumque noctem, vitam quoque ſuam ad multos annos imo ad vividam viridemque (ut aiunt) ſenectutem protuliſſe.

He alſo ſhews the danger of lying too low with the *Head*, eſpecially when overloaded; and I have heard of many, and known ſome, who going drunk to Bed, have been found *choak'd*, and *dead*, by lying too low, or their *Head* hanging out of *Bed*.

Sir *John Floyer* hath lately given me an Account among other Caſes, of wonderful Cures done upon weak and rickety Children, wherein the cold Water ſeldom, if ever, fails of Performance in that Diſtemper: But becauſe that Caſe hath been treated of before, I ſhall forbear; only adding

ding a Relation of an *European* Child, about six Years of Age, as my ingenious Friend Dr. *Dover*, Physician formerly of *Bristol*, gave me an Account of, done at the *Cape of Good Hope*, of which he was the Adviser: This Child could never stand nor go, and all the Limbs limber, and seem'd as if disjointed, or out of joint, and in 10 or 12 Days constant Immersions he could both stand and go, and in a little Time's Perseverance, his Limbs and Joints recover'd their natural Firmness to a perfect Cure. This was the Child of a *Dane*, or *Swede*, as he told me; but could never understand why they brought such a Cripple to Sea, unless born in the *Indies*, and touch'd at the *Cape* in their Passage home. A parallel Case to this you may see in the last Impression, *p.* 255.

That cold Immersion does amend and restore the Hurts and Injuries of the nerval *System*, is evident, by the Effects we find by it, as, namely, in the Case of Mr. *S. Brewer* of *Trowbrige*, in the Country of *Wilts*, Gent. who gave me this Relation, *viz.* That he had a slow, sluggish *Fever*, hung on him for the space of three Months, and finding the Remedies he had try'd prov'd ineffectual, he resolved upon the *Cold Bath*, which did not only rescue him from his *Fever*, but restor'd him to the Sense of

Smelling,

Smelling, which he never had perfect before in his Life.

The first thing that he perceiv'd his *Smelling* by, was *Myrtle*, which was to his wonderful Surprize and Amazement! The next thing was *Marum Syriacum*, which he perceiv'd to be very pugnent to that Sense, which continues with him; but he always finds it most exquisite when he comes out of the *Bath*. But note, That he used the Immersion about a Fortnight before he found any Alteration as to his *Smelling*, but as to his *Fever* sooner.

The Case of a Custom-house Officer in the Year 1689, who had long lain half Bed-rid, with *Gout*, and other wandring Pains, also a great *Tremor*; which last, I suppose, might proceed from his much smoking *Tobacco*, and drinking *Coffee*: This Man in the Month of *May*, was removed into the Country, where a regular Diet did much amend him; but still the Weakness of his Limbs remain'd. At length he was persuaded to go to the *Hot Bath*, where, by drinking the Waters, and gently bathing in the *Queen's-Bath*, perfectly recover'd him: but leaving the *Hot Bath* too soon, and returning to his old ill habit of *smoking* and *drinking*, he relaps'd, and fell into *Epileptic Fits*: From all which he was recover'd, by cold Immer-

ſion, and dringing the *Bath-Waters* (here in *London*) cold, with ſome cephalic *Tinctures*.

A Turner, now living in *Fleet-ſtreet*, who was ſome time under the Pains of a ſevere *Rheumatiſm*, and, after the Tryal of ſeveral Remedies, to no purpoſe, he was, with difficulty, perſuaded to eſſay the *Cold Bath*, was carried thither in a Coach, or a Chair, and returned Home on Foot; and to this Day continues well from that one only Immerſion.

A Boy, that was lame many Years, by conſtant uſing a *Cold Spring* near *Gloceſter*, was recover'd; but the muſcular Fleſh of his *Leg* and *Thigh* was very much waſted, and ſeem'd withered; who after, by the Help of the *Hot Bath* at the *Bath*, and gentle Friction, and rubbing the Parts, by the Care of his Guides, was perfectly reſtor'd to the uſe of his *Limbs*, and the Fleſh of the ſhrunk *Muſcles* encreas'd to their natural Plumpneſs and Strength.

That *Cold Baths* have their ill Effects, and *Nocumenta*, as well as the *Hot*, if unadviſedly uſed, I have known in ſeveral Caſes, as, namely, about four Years ſince, a Gentlewoman in *Holborn* went into Mr. *Banes*'s *Baths*, and, by ſtaying a little too long, gave her ſuch a ſettled *Pain* in her *Head*, almoſt to Diſtraction, that nothing could

could remove, or give her Eaſe: I being conſulted, ſent her to the *Hot Baths*, where, by bathing and pumping in the *Croſs Bath*, ſhe was ſoon recover'd; and to this Day continues very well, the *Pain* never more returning.

And this laſt Summer, a Gentlewoman, who lodg'd at Mr. *William Long*'s Houſe, receiv'd great Benefit by bathing in the *Hot Baths*; but deſirous to be expeditious in her Cure, unadviſedly of her own Head, or perſuaded by the Tattle of ſome Woman, went from the *Hot Bath* to the *Cold*, which gave her ſuch an intolerable *Pain* in her *Head*, and continu'd on her ſo long, as might have prov'd her Ruin, had not kind Nature, with her own Care, reliev'd her. So that People can't be too cautious in the Uſe of ſuch great and ſudden *Alteratives*, as *Baths* of all ſorts are, to the *Bodies* of thoſe who at firſt uſe them; and the Miſchiefs that *Bagnio's* and *Humhum's* have done, thro' Want of this Caution, to the *Ladies*, who ſweat for *Complexions*, are not a few.

Of this ſort, (no longer than laſt *Autumn*) a middle aged Lady of 84, finding her *Face* to go down, and willing to put a Stop to the Remains of a declining Beauty, which ſhe found daily to bid her Adieu, by overwhaving, and ſtoving her old *Bones*, in ſome

of

of these *Bagnio's*, contracted such a *Heat*, and then a *Cold*, that a *Fever* succeeded the next day with such Violence, as soon unscotch'd the *Wheel*, and away trull'd my *Grannam* to the Bottom of the *Hill*.

The Wife of a wealthy Citizen labouring under wandring *scorbutic*, *rheumatic Pains* for some considerable Time, submitted herself to the Guidance and Directions of a Sett of *Sweetners*, who put her under a Course of *Sweetning*, to correct and take off the Acidity of her *Blood*, as they (according to custom) methodically canted it. And after repeated Doses of the testaceous *Powders*, *Millepedes*, *&c.* wash'd down with *Pearl Cordials*, *Ass's Milk*; together with the lesser Interlopers, as *Juleps*, and *Analeptic Tinctures*, *Paregoric Draughts*, not forgetting the famous *Sal Volatile*, and other Drops, to be called in upon Occasion, as Auxiliaries *pro re nata*; besides the Attendants of the lesser Side-board, slid in among the rest of the *sint in Promptu's*, *&c.* and to all this, she pass'd the Pikes, and run the Gantlet thro' all their wholsome Severities, as *Purging*, *Bleeding*, *Blistering*, *Cupping*, *&c.* At last, being weary and tir'd out with the repeated *Doses* of *Do-nothings*, she, to gain Breath, desir'd a Cessation of Arms; which was granted. In the Interval of which, some lucky Person came in,

and

and advis'd her to try the *Cold Bath*, seeing all other things proved ineffectual: Upon which she consulted her old *Emulsioneers*, who very honestly own'd they knew nothing of the Matter, but by Hear-say; so could neither advise her to it, or dissuade her from it. Upon the Foot of their *Neutrality*, she adventur'd *in* and found great Relief and Abatement of her *Pain*, in a very few *Immersions*, and, by Perseverance, got a Perfect Cure.

Now 'tis a strange thing, to see how People run mad upon a false Supposition of *Acids* in the *Blood*; and because *Vinegar* and *Juice* of *Lemons*, &c. are *sharp* and *acid* upon the *Tongue*, it must be so in the *Blood* also; *Sed verum prius, ergo & posterius:* Admirably well argu'd, indeed: Could *Vinegar, quatenus Vinegar*, get into the *Blood*, it would make mad Work, and prove mortal, no doubt; but they should consider, that the *Bile* and *Vinegar* are *Whigg* and *Tory*, sworn Enemies, and mortify each other where-e'er they meet, *&c.* But, if *Acids* are such Enemies, to our *Healths*, as the Learned would make us believe, I wonder how much *Pearl* and *Crabs-Eyes* must go to sweeten the Blood of a *Runner*, Fellows, who are dieted for a *Race*, who, perhaps, for a Month, or 6 Weeks together, drink nothing, or little else, but *Vinegar*, and great Quan-

Quantities in a Day, to take down their *Fat*, and uſeleſs *Fleſh*; yet if one of thoſe Fellows were chymically *analyz*'d, knock'd in the *Head*, and *diſtill'd*, I wonder how much *Acid* would come over the *Helm*.

So that it appears to me very manifeſt, that it is not any *acid Particles* that are the Cauſe of ſuch vagrant, pungent *Pains* as the *Rheumatic*, or rather *Rheumatiſmatic* Perſons labour under, for the Reaſons aforeſaid: For if the Cauſe ſolely lay in the *Acidity*, it were impoſſible Men could live under ſuch Quantities of *Vinegar*, and other *Acids*, as ſome have taken, without any apparent preſent *Injury*, or ſucceeding *Pains*; I rather ſuppoſe thoſe *Pains* to proceed from the *Liquamen* of *cauſtical*, *lixivial Salts* melted, and ſliding down the ſenſible, nervous *Coats* and *Membranes* of the *Muſcles*, thrown off from the *Blood*, and other *Fluids*, upon the *Solids* and *Habit* of the *Body*. And the Experiment of *Sylvaticas*, quoted by *Etmuller*, p. 533. is enough to prove it; which I have alſo experienced in ſeveral Patients in an *Ardor Urinæ*, that *Juice* of *Lemons*, given with *Plantane*, *Roſe*, or *common Water*, has corrected, and broke the Point of the *urinous*, *ſharp alkalious Salts*, when the *Meatus Urinarius* has been inflam'd, and lay bare, for Want of that *Mucus* which the wounded *Proſtates*

Proſtates could not ſupply, being not capable, *fungi officio*, from the Injury of the *Venereal Venom*, &c. when all the ſoft things, as *Emulſions*, *teſtaceous Powders*, &c. ſignified nothing; and what makes this *lixivial Salt*, and how it is produced, hath formerly been hinted at.

Which *lixivial Salt* is to me, a Demonſtration of a *vital Flame*; and until I can hear better Reaſons to the contrary, and ſuch as may alter my Mind, I muſt be of the ſame Opinion.

So that the Advice of *Cornelius Celſus*, in well and healthful Perſons, might be put in Practice, as the only Means to prevent the Miſchiefs, which any ſudden Change of old Cuſtoms, may bring upon the Body.

Sanus Homo, & qui bene valet, & ſuæ Spontis eſt, Nullis obligare ſe ligibus debet, ac neque Aliptâ egere hunc oportet varium trahere vitæ genus, modo ruri eſſe, modo in urbe, ſæpiuſque in agro navigare, venari, quieſcere interdum, ſed frequentius ſe exercere; ſiquidem & ignavia Corpus hebetat, labor firmat; Illa maturam ſenectutem, hic longam adoleſcentiam reddit. Prodeſt etiam interdum, aquis frigidis uti, modo ungi, modo id ipſum negligere. Nullum cibi genus fugere, quo populus utatur, interdum in convivio eſſe, interdum ab eo

ſe

se retrahere, modò plus justo, modò non amplius assumere: bis dè die potius, quam plurimum, dum modo hunc concoquat.

According to the Poet.

What Care and Labour take we every day,
To patch and prop this Tenement of Clay,
Which, under its Repairs, does wear away!
But, if we moulder, with our greatest Care,
What will become of those who ne'er repair?
But, thoughtless, snore in their old House of Sin,
Until, at once the Cottage does fall in.
Mortar and Trowel then are brought too late,
When the whole Man does thus dilapidate,
And in his Ruin antedates his Fate,
Nor can Physicians *Art restore the Man,*
That has out-liv'd his Constitution,
And hath not left himself *to work upon.*
Therefore 'tis held good Husbandry to patch
And mend the first Storm-flurries of the Thatch:
But, on the other hand, 'tis my Advice,
Not in your Manage *to be over-nice,*
Not freeze with Cold, *nor scorch in Solstice* Beams,
But use a sort of Medium *in Extreams;*
By gentle Use Nature will soon obey,
And, like a Swivel, will turn every way.

This

Thus you'll acquire ſome counter Habits good,
That no ſmall Error ſhall affect your Blood,
Nor check the Progreſs of the Purple Flood;
Where, by the Help of Glaſſes, may be ſeen.
Millions of Globuls *bowling on a Green,*
Crowding each other in a Scarlet Stream.
And ſhan't ſuch circling Bubbles, *ſo minute,*
The Doubter *of his* Maker *clear refute,*
And ſhew the Fool, by Demonſtration,
The Author of his own Creation?
But if a GOD *in a ſmall* Fin *we ſee,*
What muſt that great tremendous Being *be?*

The tranſient People who viſit the *Bath*, whoſe Affairs will not permit them to ſtay a Seaſon through, becauſe the City is ſurrounded with Hills, think, that the Steams are impriſon'd, and therefore the Place is inſalubrious; not conſidering the great and long Troughs and Hollows in the extended Dales on one Side, from the *Weſtern* Sea; and on the other Side, the great Vale under the *North* Part of the *King's Down*, which draws and leads in the *North-Eaſt* Gales and Breezes; and both thoſe Vales are as Thorough-fares to each other: So, if there be any Air ſtirring, you always have it in the *Bath*; and the great Ages of

the

the Inhabitants eaſily evince the Wholſomeneſs of the Place.

An Account of the Number and Ages of the ancient People now living in the City of Bath, *and Places within two Miles diſtance thereof, and all within the Hundred of* Bath-Forum; *collected by* Mr. Juſtice Merriweather, *of* Brentford in Com. Mid. Jan. 1. anno 1702-3.

Perſons.	Years.	Perſons.	Years.	Perſons.	Years.
17	of 70	12	of 80	4	of 90
31	of 71	13	of 81	1	of 91
62	of 72	15	of 82	9	of 92
20	of 73	8	of 83	2	of 94
20	of 74	10	of 84	2	of 96
30	of 75	11	of 85	1	of 98
16	of 76	6	of 86	1	of 100
4	of 77	2	of 87	1	of 103
10	of 78	2	of 88	1	of 107
3	of 79				

Which makes in all 26758. None Bed-ridden.

Deceaſed, within theſe two Years, 40 Perſons, whoſe Ages made 3522 Years; now living and luſty, 347, and none of them Bed-ridden, whoſe Ages make 27522 Years. At *Bradford*, near *Bath*, four Siſters make 360 Years; the eldeſt, in *December*

cember laſt, rid 10 Miles ſingle, ſhe being 100 Years old. In the City three Siſters make 247; and three others, in the ſame Place, make 225 Years. Within this four Years, the nine Aldermen made 700 and odd Years.

Mr. Alderman *Child*, Apothecary, remembers when the 12 Alms-People of the *Blue-coat Hoſpital* made 1005 Years.

An Alphabetical

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